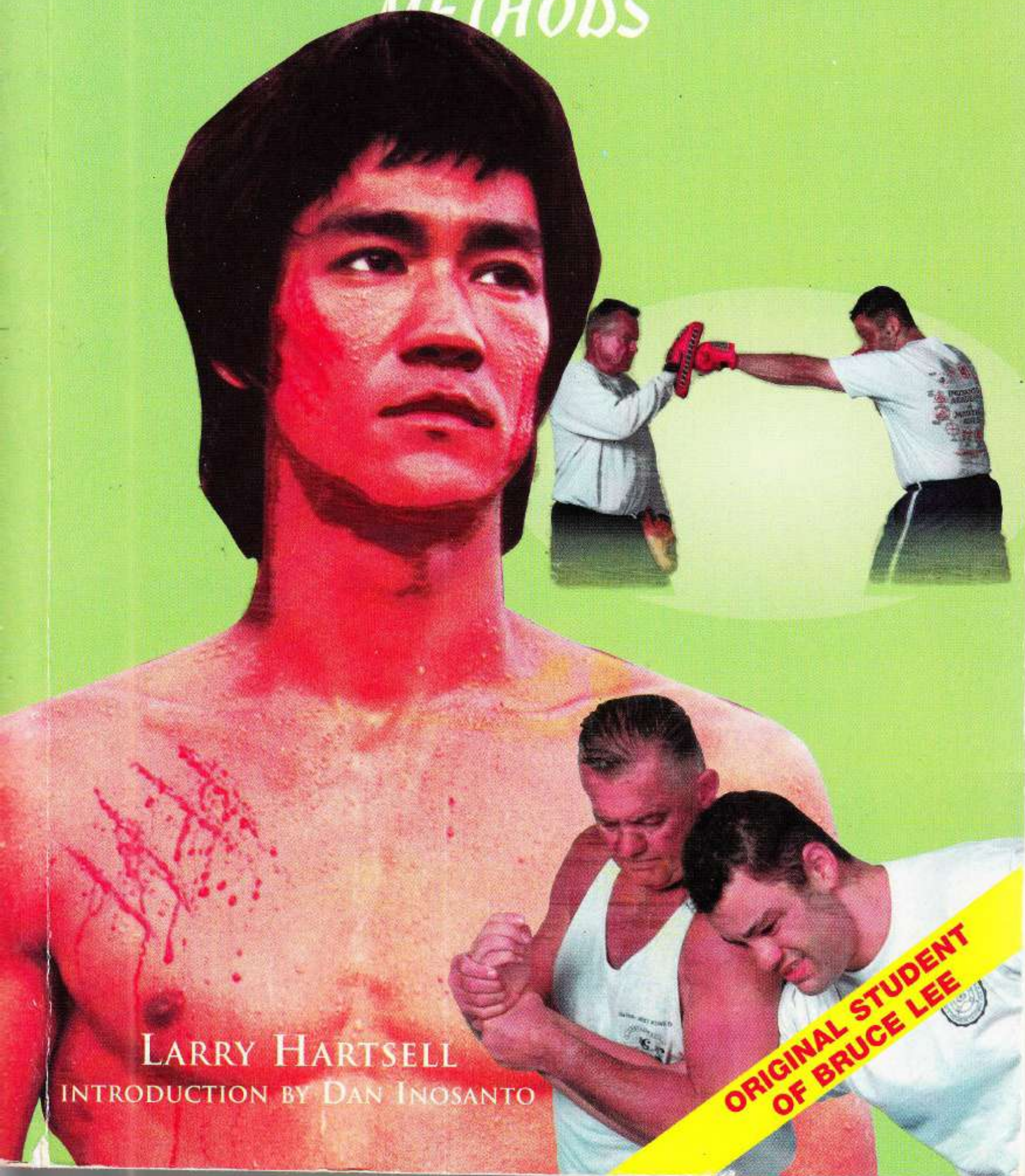


JEET KUNE DO

CONDITIONING AND GRAPPLING
METHODS



LARRY HARTSELL

INTRODUCTION BY DAN INOSANTO

ORIGINAL STUDENT
OF BRUCE LEE

JEET KUNE DO

CONDITIONING AND GRAPPLING METHODS

BY LARRY HARTSELL

A HNL PUBLICATION

JEET KUNE DO

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INTRODUCTION BY DAN INOSANTO

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DEDICATION

To Debra, my wife, and loving partner. Our teamwork is total through this wonderful journey of life, as first mate and navigator she calms the troubled elements.

ACKNOWLEDGMENTS

To my wife Sifu Guru Dan Inosanto, my mentor and personal friend for over forty years. Guru Dan and Paula Inosanto (Inosanto Academy of Martial Arts) for their assistance and use of the academy to shoot the photographs and demonstrations. But more than anyone can be grateful for is our friendship.

I want to thank everyone who assisted me in multiple roles in making this possible:

Fred Brown, Erik Pualson, Judo Gene Labell, Albert Greenberg, Inosanto Academy of Martial Arts staff and those featured in my book. Guru Dan Inosanto, Simo Debra Hartsell, Justin Williams and Jason Winkle. The photographer Eric Heath and his wife.

To my family Dale and Joyce Hartsell, Jack and Linda Crosier, Wayne and Tammy Melton for their constant love, support and strength.

To my students worldwide for their loyalty and continued support in the arts.

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FOREWORD/INTRODUCTION

I am proud and honored to write the foreword for my close friend Larry Hartsell's new book.

Larry has been my student since 1962. I first met Larry when he was my student in Ed Parkers Kenpo Karate. A tough and gifted fighter and competitor, Larry was known for his powerful and explosive high kicks. A hip injury forced Larry to re-think his training and begin to explore other methods and systems of Martial Arts.

Before the opening of the Jun Fan Gung Fu Institute in 1967 I introduced and started Larry's training in the art of Jun Fan Gung Fu (Jeet Kune Do.) Larry's training was interrupted when he went to serve his country. After finishing his military service, Larry embarked on



what has become a life long journey of investigating and training in various martial art systems and styles.

Constantly searching for ways to improve his martial arts ability and update his training methods, Larry was one of the first in US to embrace and train in Shoot Wrestling when it was introduced at my Academy. Always open minded and eager to learn Larry has often joined me in training and researching systems such as Indonesian Pencak Silat, Thai Boxing and the Filipino martial arts.

Over the years Larry has modified his fighting structure and geared his training more towards the arts of grappling and submission. Combining his knowledge in the arts of grappling and submission alongside his skill in trapping and the striking arts, Larry has taken his art to a new dimension.

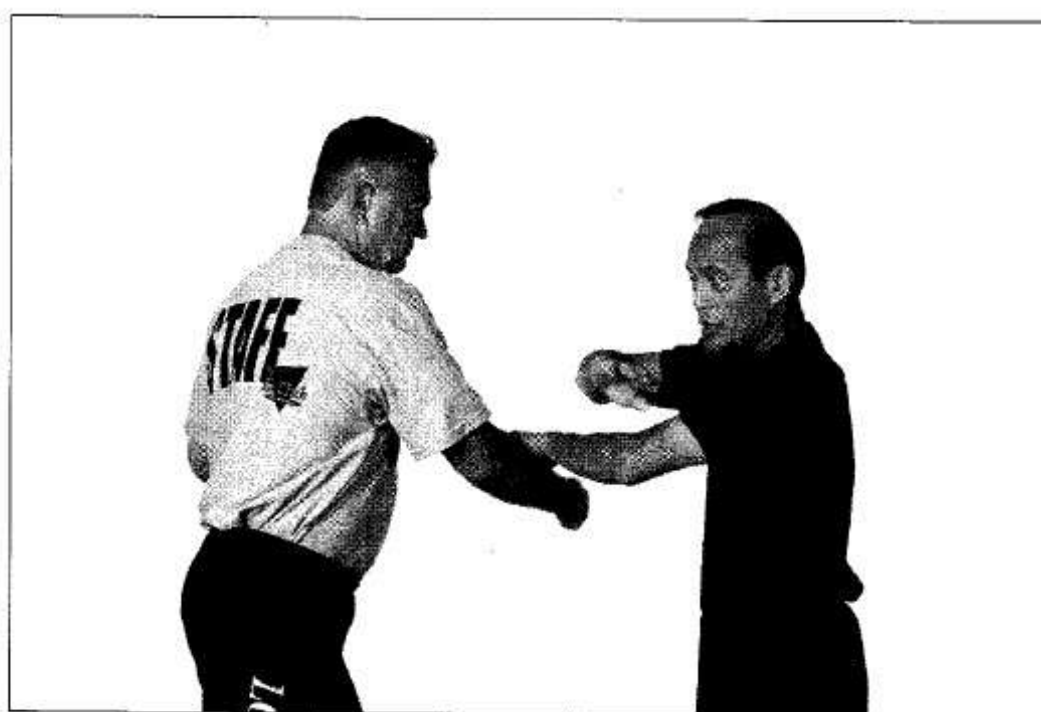
Larry is one of the few Martial Artists who has always been open minded and known the benefits of cross training. Knowing the important role conditioning and physical fitness play in the complex game of survival and the martial arts Larry incorporates the proven methods of the past alongside the cutting edge techniques of the future.

This book will shed an insight to the cutting edge of the necessary fundamentals needed for the martial athlete.

Dan Inosanto

Founder/Head Instructor

Inosanto Academy of Martial Arts, Los Angeles, CA USA



AUTHOR'S INTRODUCTION

The last decade of the twentieth century saw an explosion of interest in grappling techniques. It began slowly in the late 1980's as word of mouth spread in the martial arts community about the Gracie brothers teaching the hitherto unknown art of Brazilian Jujitsu in their garage. It then gained momentum and the number of grappling arts proliferated: Brazilian Jujitsu, Vale Tudo, Japanese Shooto, Combat Submission Wrestling, Chinese Shuaijiao, Filipino Dumog and many others. As No Holds Barred and Ultimate Fight Challenge competitions became popular, martial artists quickly learned that grapplers usually dominated the matches.

While this turn of events seemed to surprise most people in the martial arts world, the only thing that surprised me was that it had taken everyone so long to realize the benefits and combat efficacy of the grappling arts. In my personal development as a martial artist, grappling had long been at the center of my training. Even in my training with Bruce Lee, the founder of Jeet Kune Do (JKD), I gravitated to grappling. Jeet Kune Do was Bruce Lee's personal martial art. He continued to research and develop it throughout his life. At his untimely death in 1973, however, there were only 33 grappling techniques in his JKD arsenal. I consider myself fortunate to have been one of the select few who had the opportunity to train personally with this great teacher. I have tried to do what I believe he would have done. With the guidance of my great personal friend and martial arts mentor, Dan Inosanto, I have continued to research and refine the grappling techniques and training methods I learned from Bruce Lee. Bruce did not want JKD to be a static thing. He wanted it to continue to grow and develop. I hope I have helped to make his wish for JKD's future come true. This is one of the reasons I founded the Jeet Kune Do Grappling Association.

Although I did train in JKD and grappling with Bruce, my interest in martial arts and grappling did not start there. My first exposure to martial arts began when I was 14. I enrolled in a judo class at the local YMCA in my hometown of Charlotte, North Carolina. I eventually earned a black belt in judo. Having an affinity for contact sports, I also wrestled and played football in high school where I was a guard. Some years later I moved to Los Angeles, California, where I began training in Kenpo Karate under the late Ed Parker. My principal instructor at that time was Dan Inosanto.

My first encounter with Bruce Lee was in 1963. Dan and I were at Ed Parker's Kenpo school when Bruce gave a brief demonstration. At that time, most people had never even heard of Kung Fu (or Gung Fu as Cantonese speaking Bruce pronounced it). I still remember the whipping or popping noise his vertical fist punch made. We were all astounded at his speed and power. Later I was invited by Dan to join in Bruce's JKD class.

During the period of 1967 to 1970, Bruce went through many changes in his training. He used many different approaches to increase his speed and power. Some days it was just kicking and punching. Other times it would be weight training or isometrics. He would do roadwork three or four times per week to build up his endurance or do other physical training to enhance the power and speed in his kicking, punching, and grappling.

I was doing my own "research" (if you want to call it that) on martial arts techniques and grappling during these years. Although it embarrasses me now to admit it, I was sort of a wild man back then. I, sometimes amazed I survived it. I was always looking for a fight whether it was in the dojo or in the street. I served as Military Policeman with the U.S. Army in Viet Nam where I had many physical encounters. Later I worked as a bouncer in redneck biker bars in North Carolina. I eventually became a Deputy Sheriff where my duties often included having to deal with violent mentally disordered inmates and defendants in the jails and courts. I entered the ring and tried my hand at boxing. I even entered a few "toughman" contests. These were somewhat of a forerunner to today's No Hold Barred competitions. As a result of all these experiences, I developed a reputation as what Dan Inosanto called one of JKD's "premier fighters". As I matured and calmed down over the years, I later worked as a bodyguard for some prominent people and celebrities such as Mr T. I also had the opportunity to work with the Dallas Cowboys professional football team in their conditioning program.

As a result of all these experiences, I learned to fully appreciate the value and practicality of close-in fighting techniques in real world combat. Although I have been certified by Dan Inosanto as one of his few Senior Full Instructors in Jun Fan Gung Fu and Jeet Kune Do, it is the close range arts of boxing and grappling which I have found work best for me. perhaps this will not be true for you. JKD is a personal journey and no two people take the exact same path. But this is the path I have followed and in this book I would like to share with you some of the insights I have gained. Given the recent tragic events of September 11, 2001, I have often wondered if events may have

been different if the flight crews or some of the passengers had been skilled in extreme close range fighting techniques.

I am writing this book with the assumption that the reader already has a fairly substantial background in martial arts. There are a number of good books and videos already available on JKD, grappling, boxing, gung fu etc. It is not my intention to reinvent the wheel and restate what has already been well presented by others. Instead I will present you with exercises, drills and techniques I have found useful over the years. It is your responsibility to select those which work for you and incorporate them into your training regime.

Bruce was always studying and revising and improving his knowledge of himself and his art. He had a voracious appetite for knowledge. I would encourage the reader to emulate Bruce in this regard. We are fortunate today and have an advantage which Bruce did not. There is much scientific knowledge about exercise kinesiology, weight training, stretching and physical training methods than was available during Bruce's lifetime. In addition, there is much more known about what were obscure or mysterious martial arts in the late 1960s and early 1970s. Bruce knew about Muay Thai, Pentjak Silat, Bando and other arts but did not have as much access to these arts as we have today. I'm sure that over time he would have incorporated more techniques from these arts into JKD. You have the opportunity to experience these arts and incorporate what is of value to you. If you truly admire and respect Bruce Lee you should show this esteem not by blindly copying every move you ever saw in one of his movies, but by following the example he set for us. Research, question, learn, grow. Find your own answers.



Bruce Lee's LA Chinatown School. Larry is on Bruce's left side with Dan Inosanto on Bruce's right.



1—SPECIALIZED TRAINING METHODS

I hope this book will open your mind regarding what Jeet Kune Do is. I will also try to provoke your thinking about conditioning drills and provide you with ideas and techniques you can incorporate into your training.

Although there are a number of basic activities you can incorporate into your regime alongside more specialized drills, I think shadowboxing is one of the best it not only raises the body temperature slowly and loosens up the muscles, but it helps develop coordination and proper technique in footwork, punching and kicking.

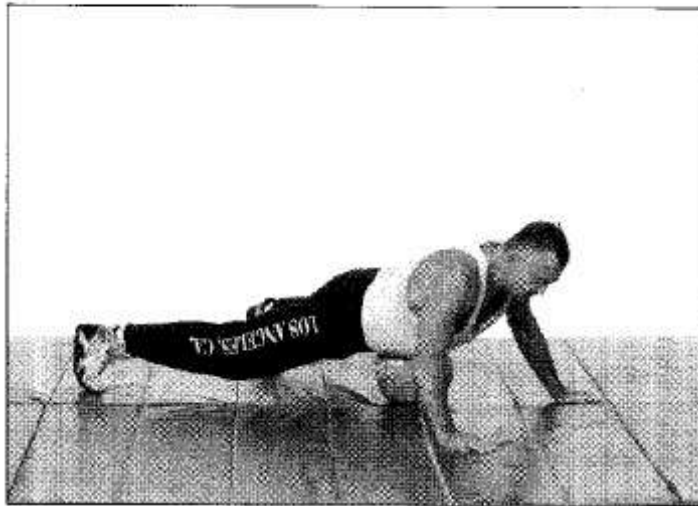
Begin slowly working on footwork, then begin incorporating body movement, finally begin punching and kicking. Always use good body mechanics and form when shadowboxing.

Imagine an opponent facing you and that you are sparring with him. If you use sloppy technique when shadowboxing you will be developing bad "muscle memory" ie you will be reinforcing bad techniques and when you have to perform them under stress in the ring or on the street you will also execute them badly. You want to train your nervous system to perform techniques correctly as second nature.

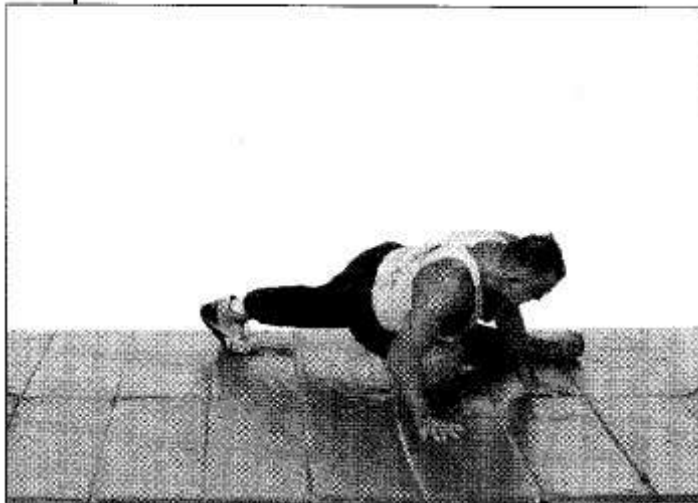
Fighting requires a dynamic power which goes beyond traditional technique of pumping iron. I have included medicine ball exercises which many boxers use to assist in cultivating this kind of power (plyometric).

In this chapter I have avoided an in depth look at weight training. Its not that I don't think its important. Quite the contrary, in fact it is one of the core tenets of Bruce Lee's training methods and overall Jeet Kune Do training philosophy. However, it's a topic for which exhaustive materials already exist. My challenge to you is to research these existing resources. Many of them are excellent, some of them not so, learn to distinguish between the two. Once you have armed yourself with good science-based information, look for imaginative ways to apply the principles you have learned, for example you will discover in this chapter how you can use a weighted pipe to strengthen the forearms and wrists. A rudimentary but effective method. Use your imagination.

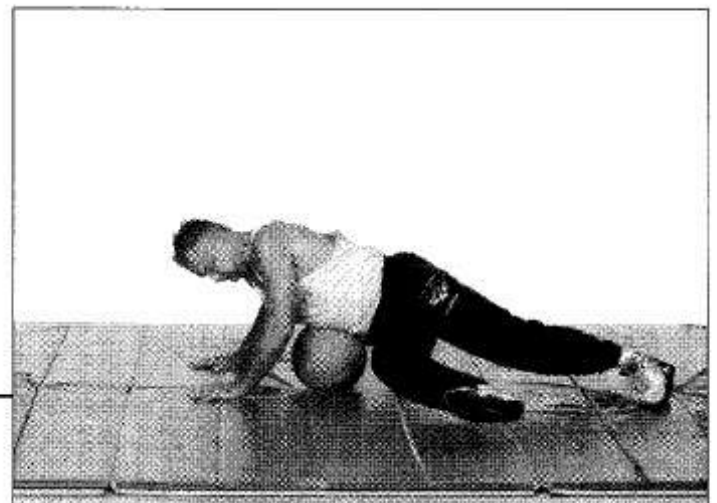
SPECIALIZED TRAINING DRILLS



1. Start position – press up position on the medicine ball.



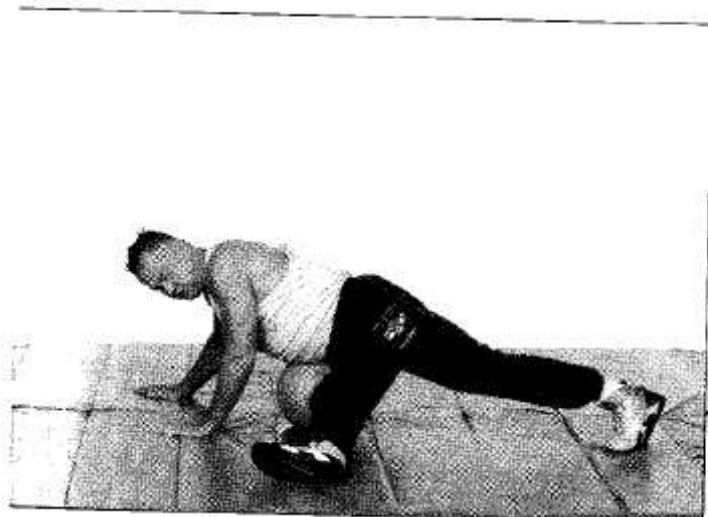
2. Roll to right hip slipping right leg clockwise.



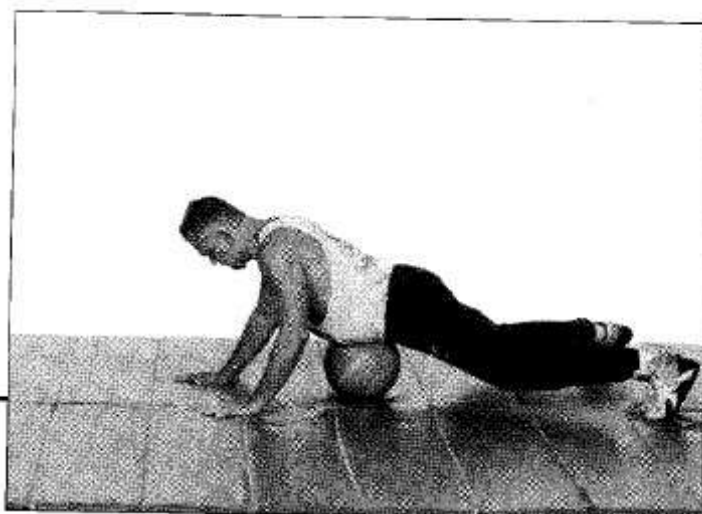
3. ...rolling 180 degrees

SPECIALIZED TRAINING DRILLS

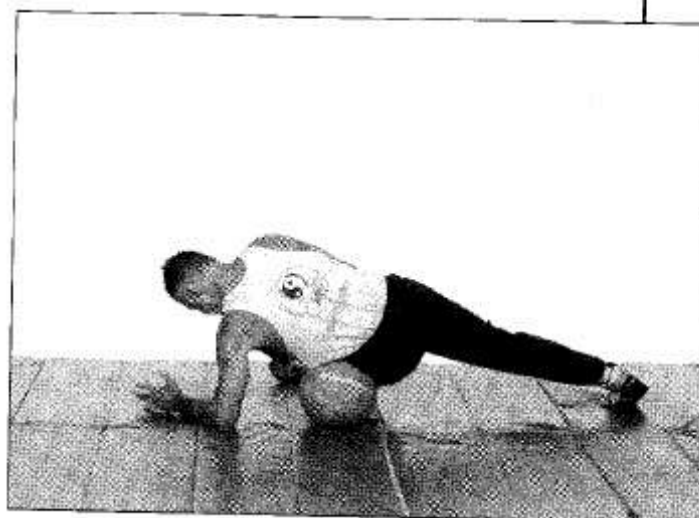
Medicine Ball Roll Drill
Do 2 sets of 10-15 reps



4. ...



5. Finish to press up position with your abdominals pressed to the ball.

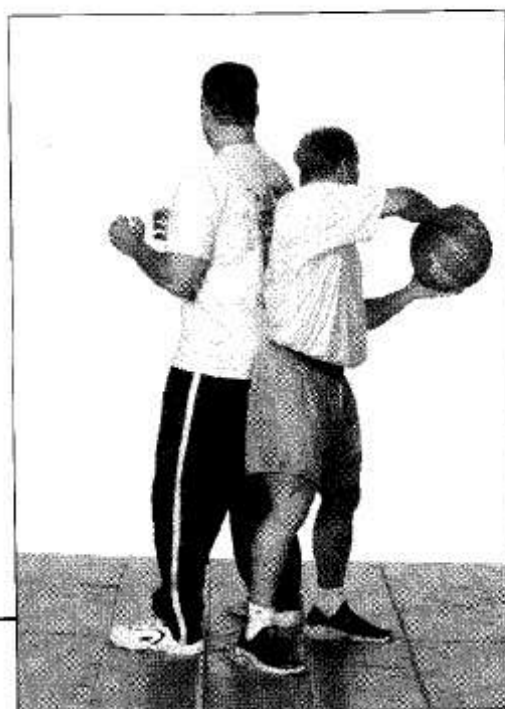


6. Roll to left hip working the left side.

SPECIALIZED TRAINING DRILLS



2. Partner 1 passes ball anti-clockwise.



3. Partner 2 passes ball clockwise.



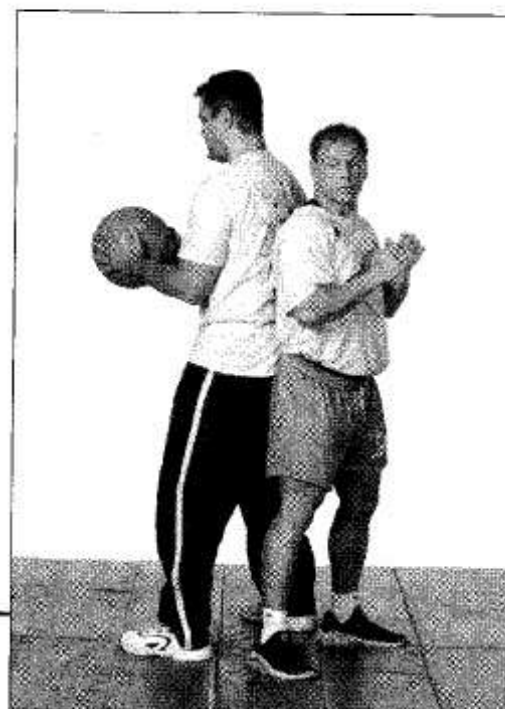
1. Start.

SPECIALIZED TRAINING DRILLS

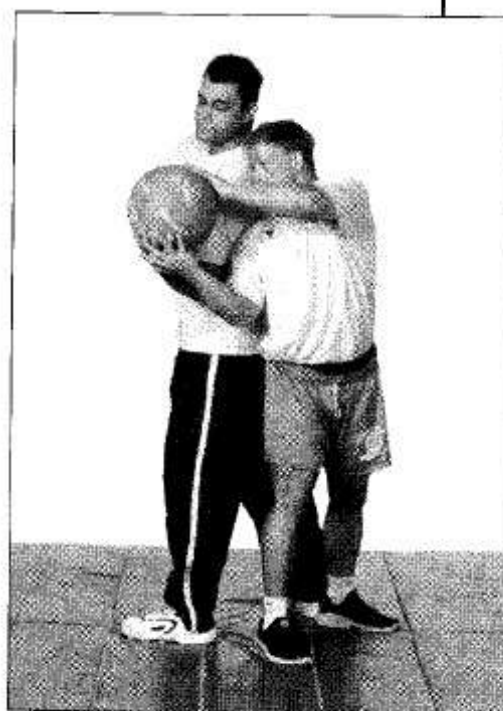
Medicine Ball Drill – Side to Side pass
to develop hip rotation
Do 3 sets of 1 minutes



4. ...

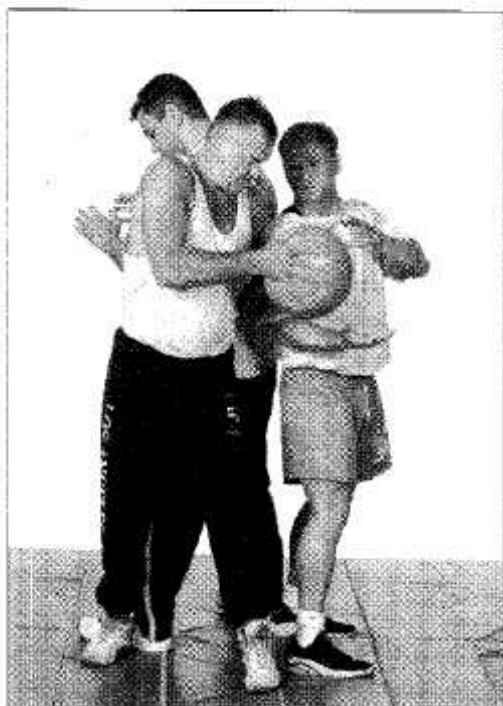


5. Partner takes ball.

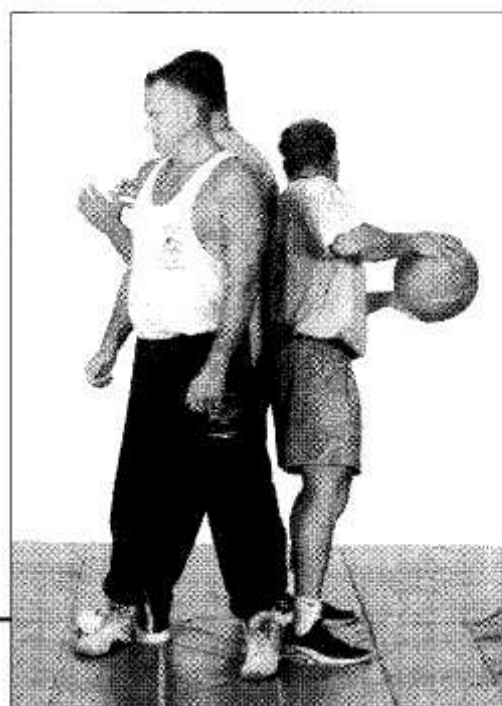


6. ...and passes ball anti-clockwise. Continue this drill for 60 seconds.

SPECIALIZED TRAINING DRILLS



2. Middle partner passes to right man.



3. Right man passes to left man.



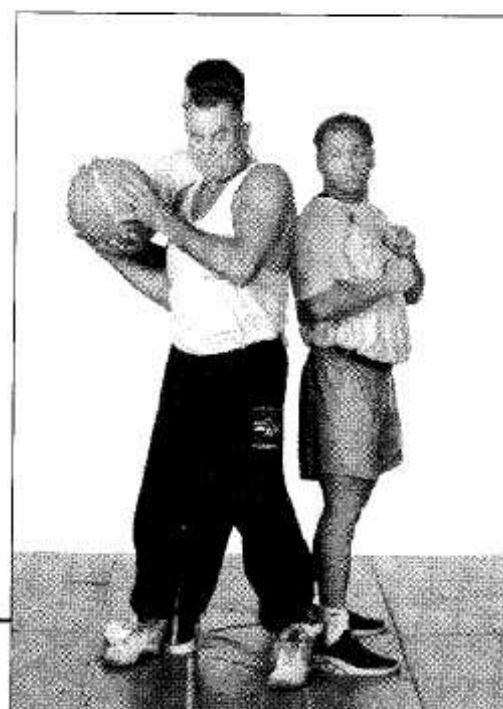
1. Start position, three people stand in triangle, back to back.

SPECIALIZED TRAINING DRILLS

Medicine Ball Drill – 3 partners
Do 3 sets of 1 minutes



4. Right man turns and passes to middle man

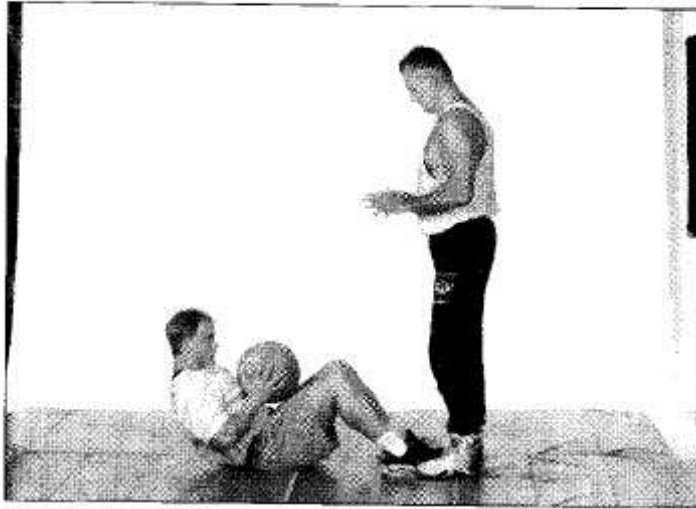


5. Middle man takes ball and...

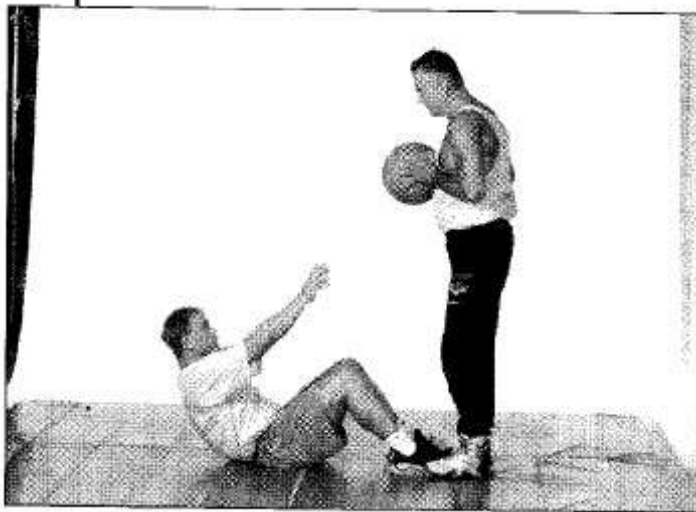


6. ...turns to pass to right man. Continue drill for 60 seconds.

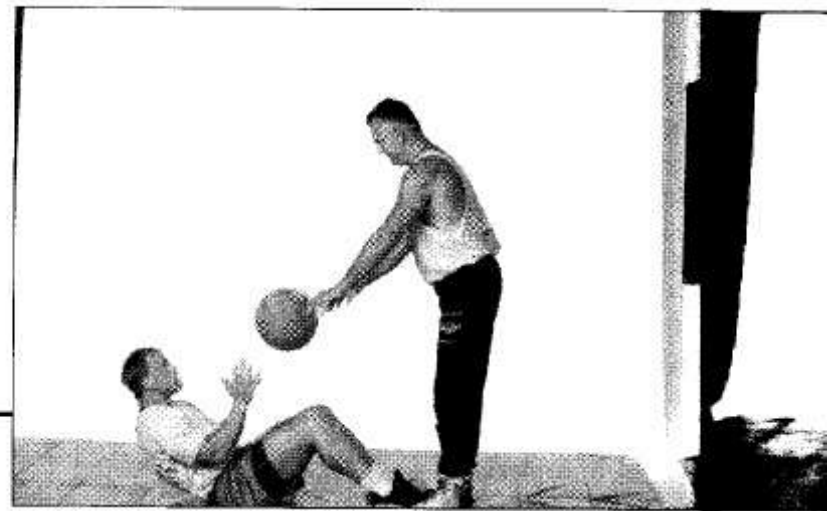
SPECIALIZED TRAINING DRILLS



1. Student is in a situp position with medicine ball in his hands.



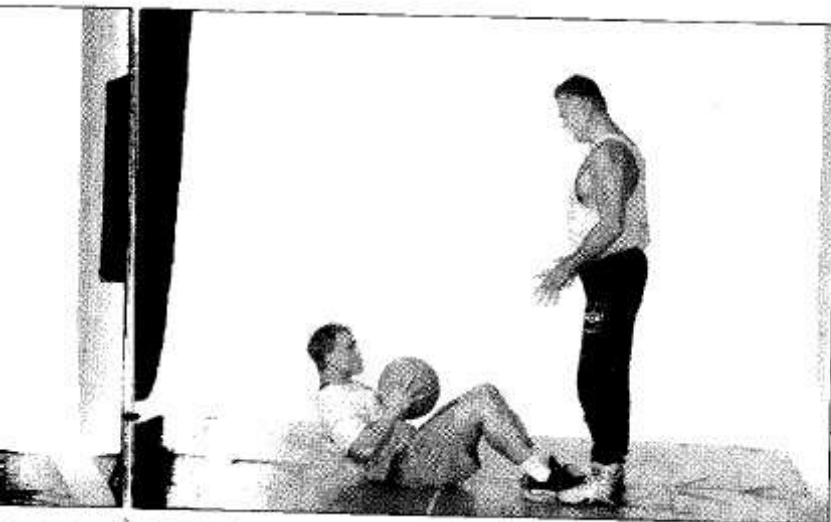
2. Student throws the ball to trainer to develop dynamic shoulder/tricep strength.



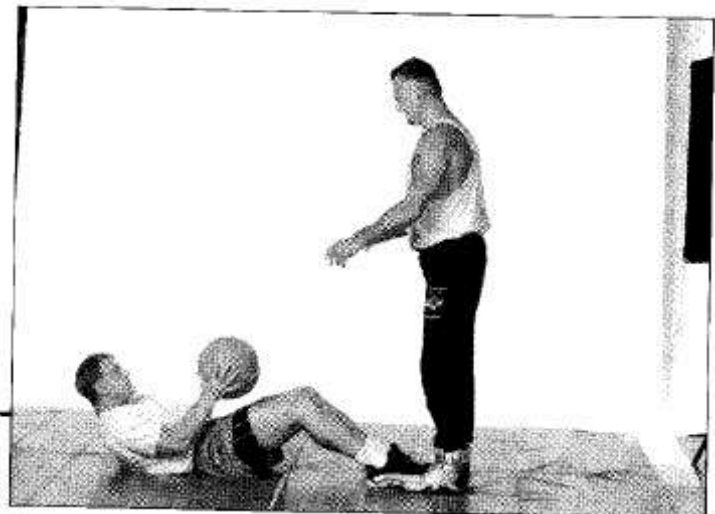
3. Trainer throws ball back to student's stomach.

SPECIALIZED TRAINING DRILLS

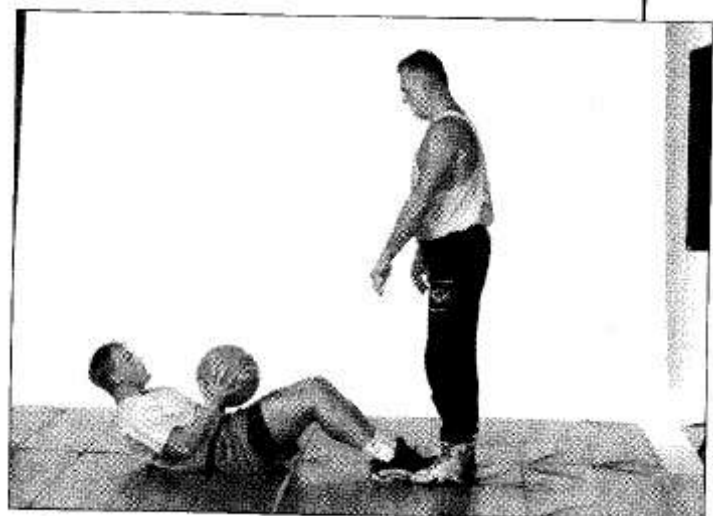
**Medicine Ball Drill – to isolate
abdominals/shoulders/triceps
Do 3 sets of 15 reps**



t's
- ... student lets the ball hit his stomach
to condition the abdominals.

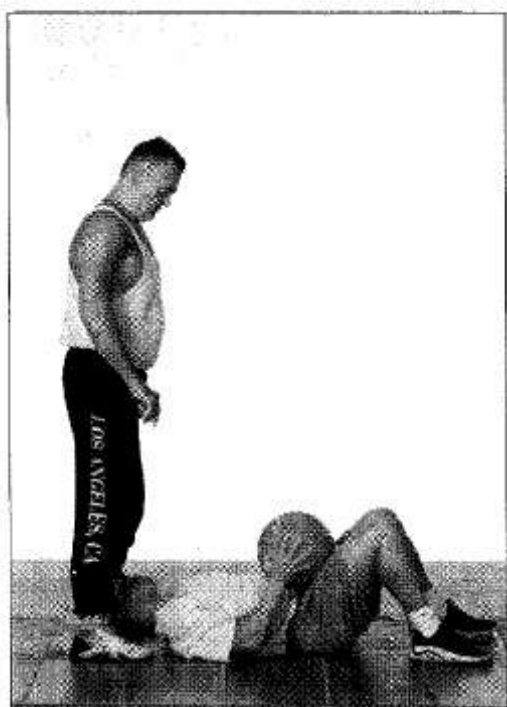


5. ...and returns to a situp position.

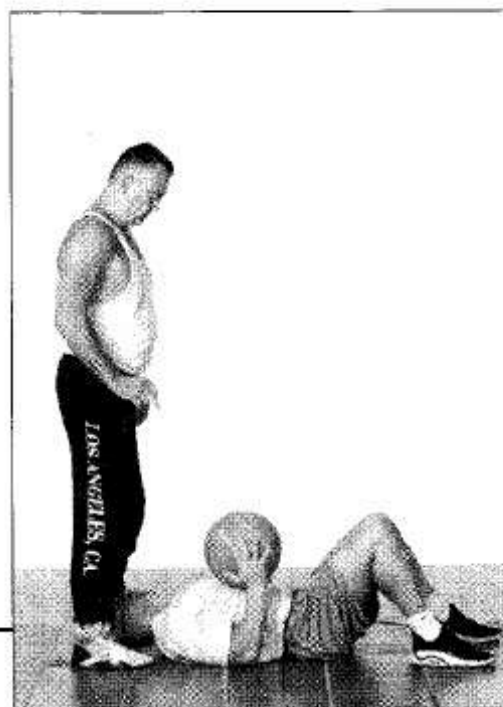


6. ...coming up and ready to throw ball
back up to trainer.

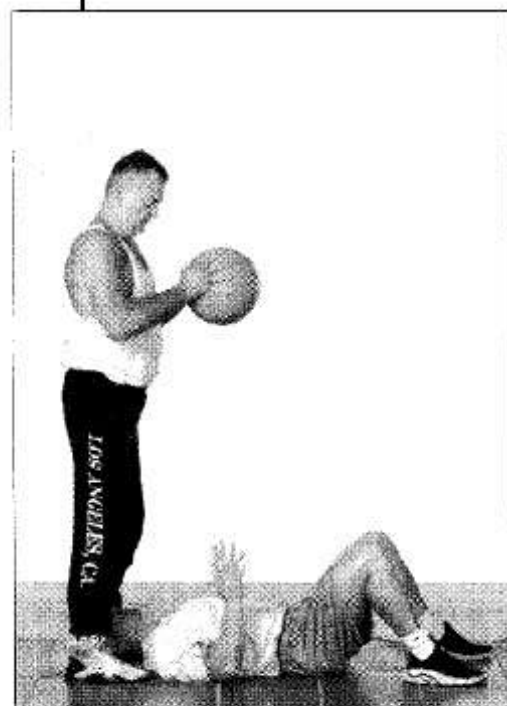
SPECIALIZED TRAINING DRILLS



2. Trainer throws the ball to student's stomach with maximum force for conditioning.



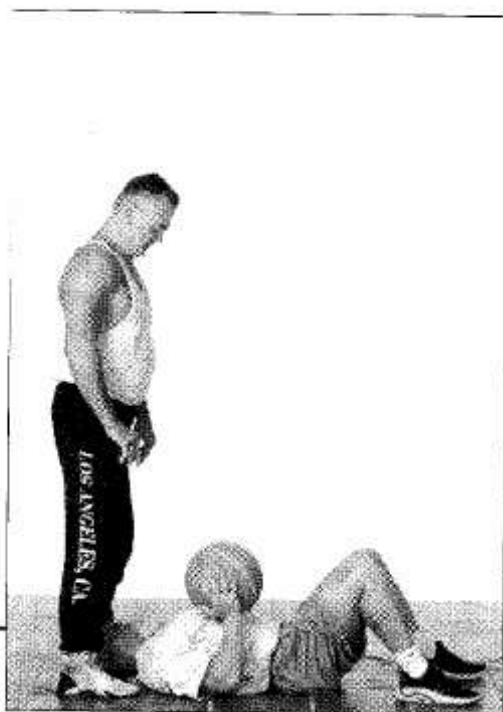
3. Student feels the force of the impact before catching the ball.



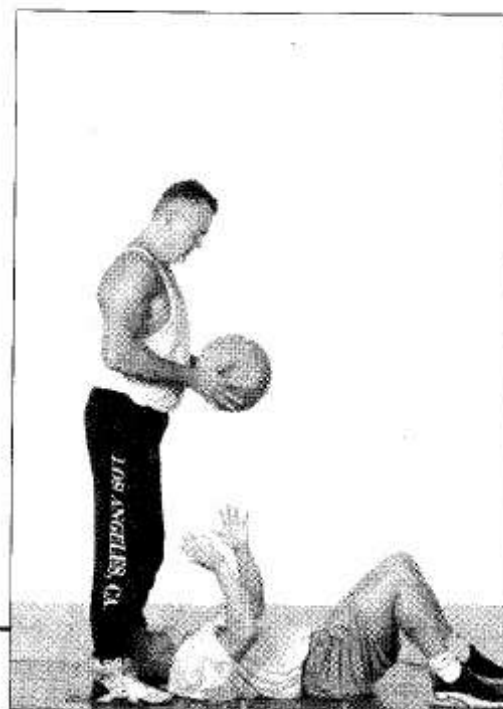
1. Trainer holds the ball chest level with student lying on the floor.

SPECIALIZED TRAINING DRILLS

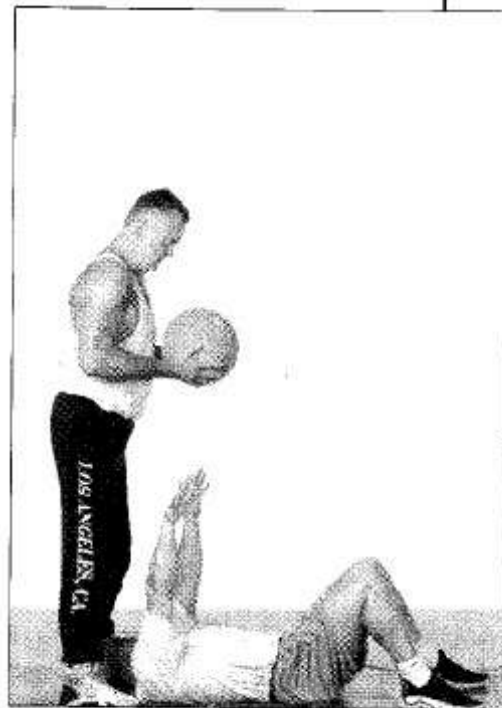
Medicine Ball Drill – horizontal to isolate
shoulder/arm strength/abdominal
Do 3 sets of 15 reps



4. Student brings the ball to his chest with both hands ready to...



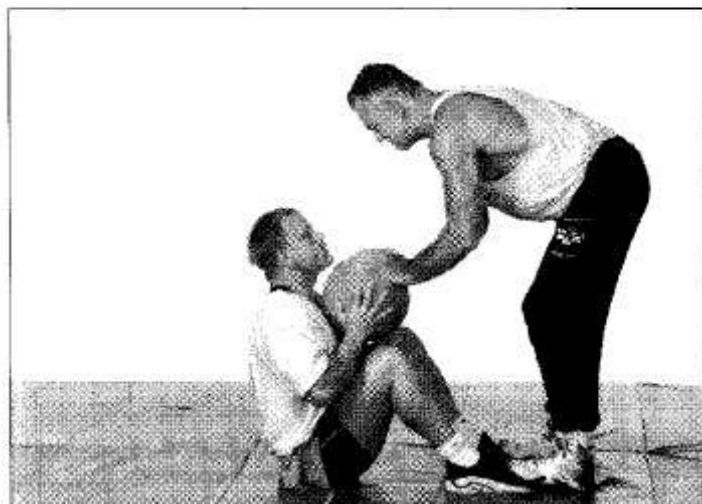
5. ...throw the ball up to trainer using shoulder and arm dynamic strength.



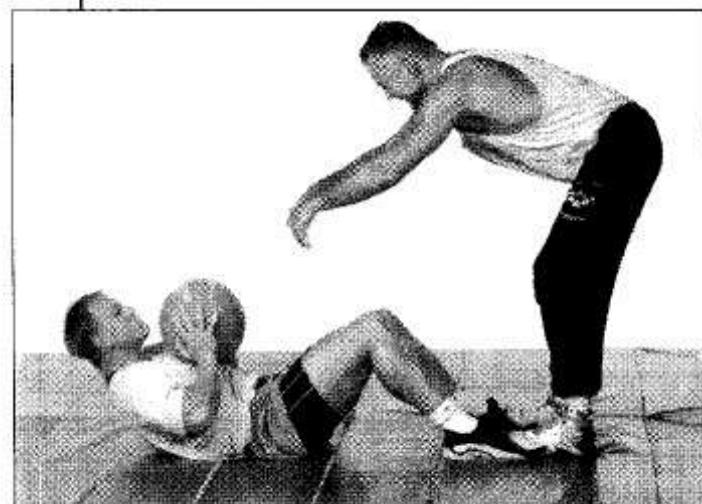
6. Trainer catches the medicine ball and repeats the drill.

SPECIALIZED TRAINING DRILLS

Medicine Ball Drill – sit up
Do 3 sets of 25 reps



1. Student is in a situp position with ball – trainer has both feet on student's feet.



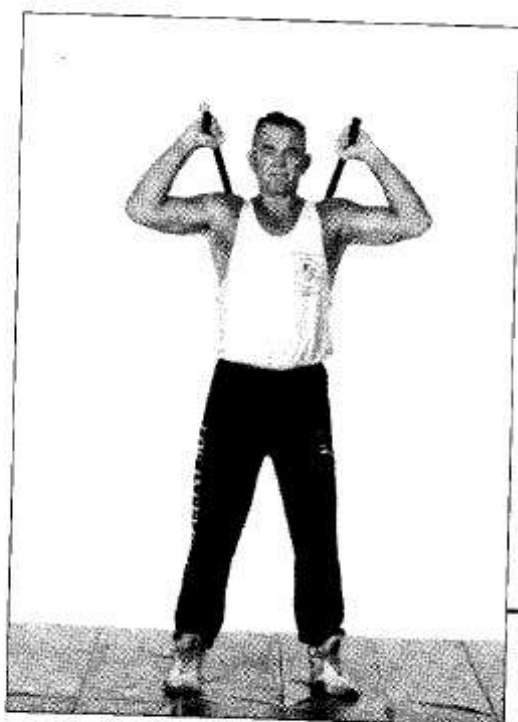
2. Trainer pushes student with maximum force to a situp.



3. Student falls back and gets ready to sit up again. Repeat drill. Excellent for abdominals.

SPECIALIZED TRAINING DRILLS

Weighted Pipe Drill – for forearms/wrists
(double rotation up and down)
Drill for 5 minutes integrating the
following five drills into one single round



1. Holding a weighted pipe in each hand behind your back.

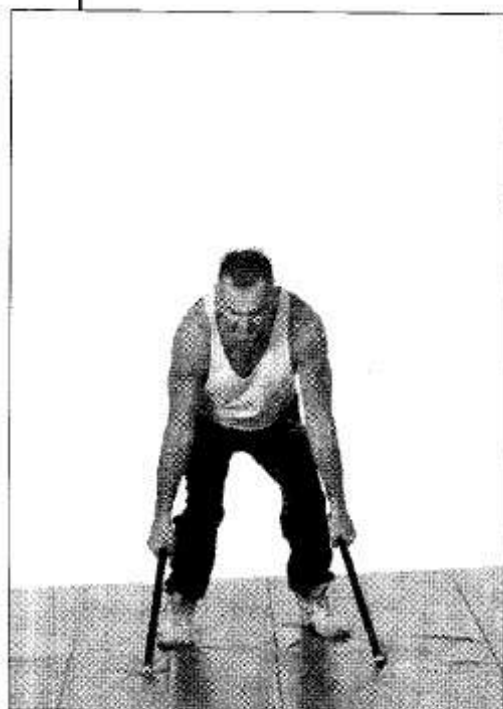


2. Using arm strength.

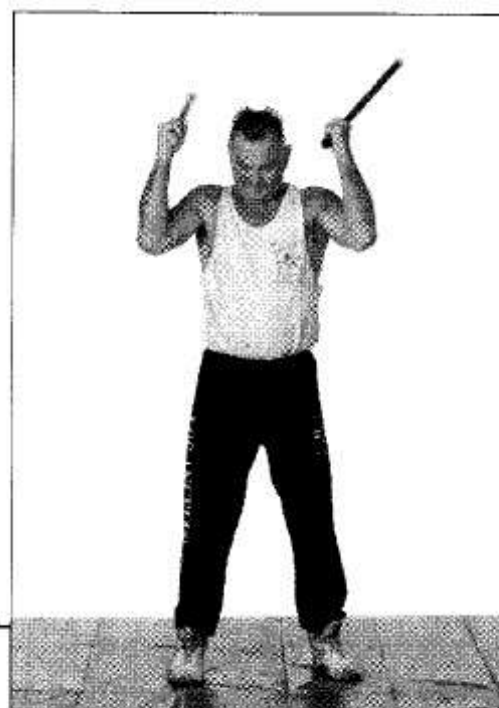
SPECIALIZED TRAINING DRILLS



3. Swivel the pipes in an anti-clockwise manner



4. ...bringing them down to touch the ground.



5. ...and back again.

SPECIALIZED TRAINING DRILLS

Weighted Pipe Drill (alternate up and down rotation)



1. Start with both pipes, holding them next to your thighs...



2. ...rotate the right pipe backwards.



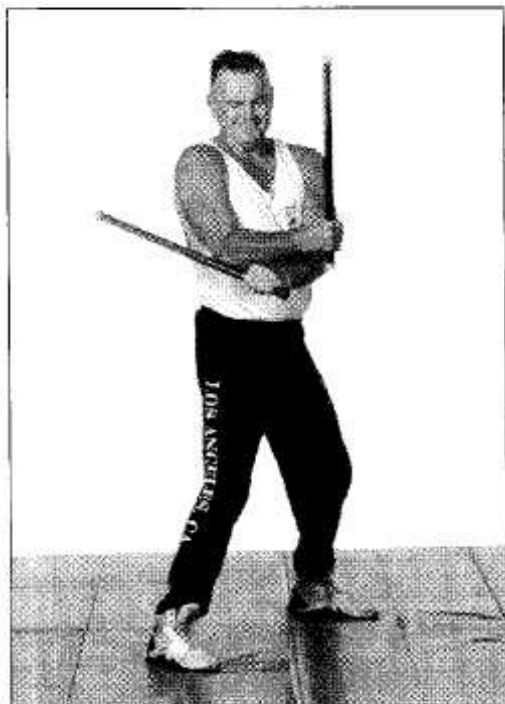
4. ...finishing with back of shoulder. Now repeat each hand for desired reps.



3. ...rotate the left pipe from side.

SPECIALIZED TRAINING DRILLS

Weighted Pipe Drill (right left cross rotation)



1. Cross both hands with pipes, right hand on top of left.



2. ...ready to cross rotate.



4. Continue to cross rotate hands for 60 seconds.



3. ...ending with right hand on bottom of left.

SPECIALIZED TRAINING DRILLS

Weighted Pipe Drill (upper fan rotation)



1. Start with right hand upper circle.

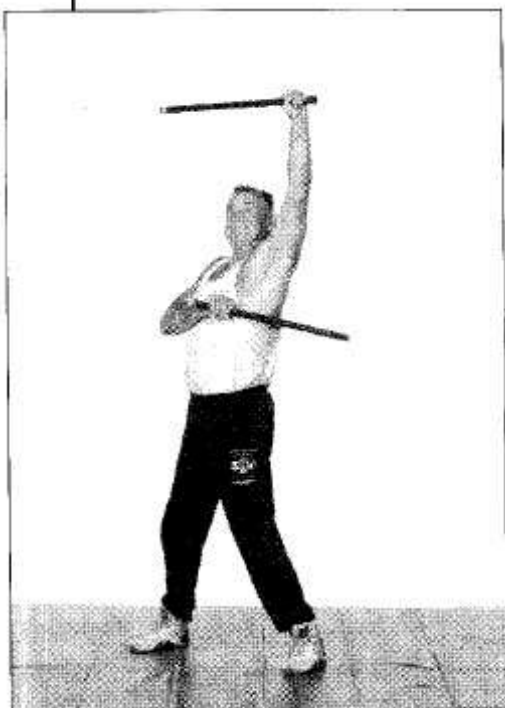


2. ...

SPECIALIZED TRAINING DRILLS



3. Swivel the pipes in an anti-clockwise manner



4. ...change to left hand upper circle rotation.



5. Continue the drill for 60 seconds or until you reach burning point.

SPECIALIZED TRAINING DRILLS

Weighted Pipe Drill (central rotation)



1. Grab a pipe in each hand in the middle, hold shoulder level position.



2. ...and rotate both hands in a continuous clockwise then anti-clockwise manner. Drill till you feel the burn.

SPECIALIZED TRAINING DRILLS

Focus Glove "abdominal punishment"
Do 2 sets of 60 seconds



1. Student lays on the floor in a situp position, as the trainer gets ready to pound the student's mid section with Focus Gloves.



2. Trainer hits right hand using maximum impact to the mid section as the student tenses his stomach.



3. Trainer repeats with left hit and continues alternating hits for the required number of repetitions.

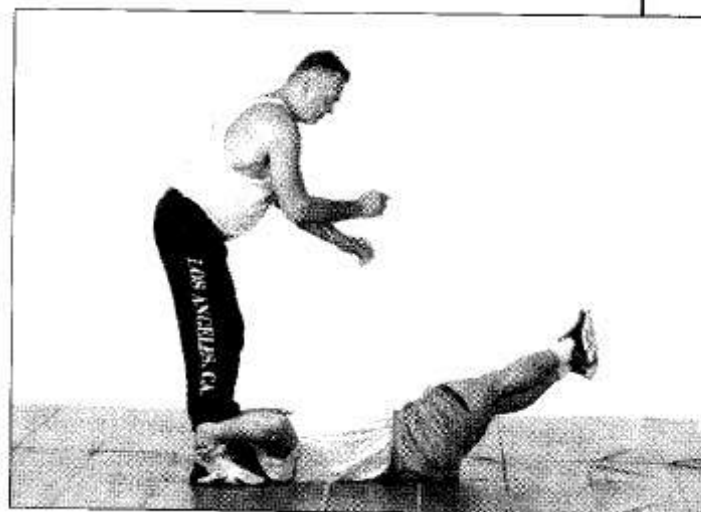
SPECIALIZED TRAINING DRILLS

Leg Raises for Abdominals Do 2 sets of 15-25 reps

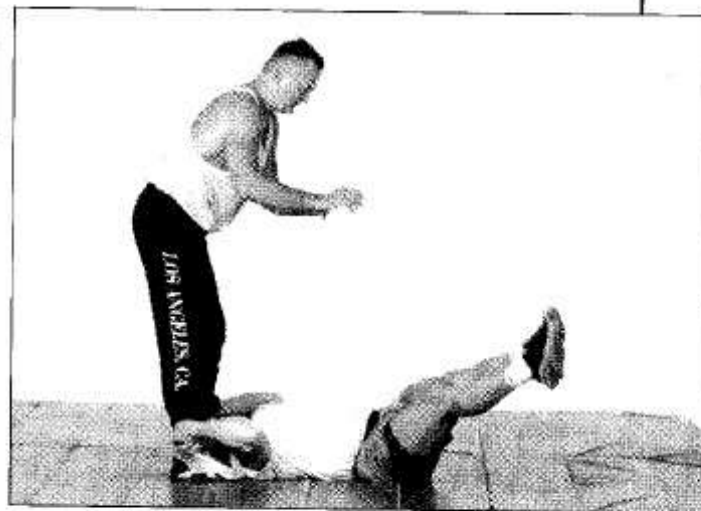
1. Student lying on the floor holds trainer's ankles.



2. Student does leg raises, the trainer meets the legs and directs them to the left.



3. This time the trainer pushes the legs to the right side. This works the stomach muscles.

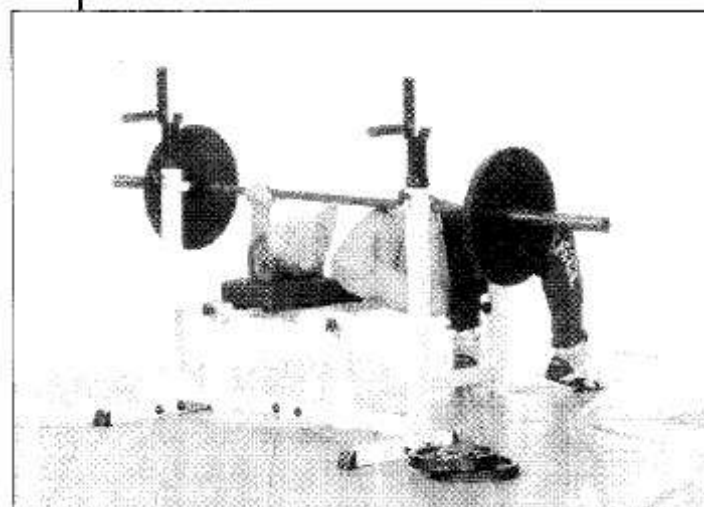


SPECIALIZED TRAINING DRILLS

Heavyweight Press Drill
(for strength conditioning)
Do 3 sets of 60 seconds



1. Take a maximum heavy loaded barbell.
This is the 60 second strength drill.



2. Bring the bar down to your chest level
and immediately...

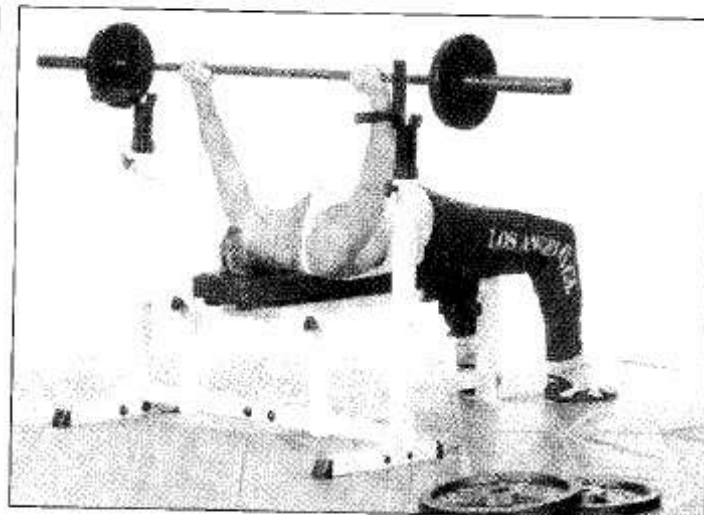


3. ...push it back to the start position.
Continue to repeat as many reps as
possible within a 60 second period.

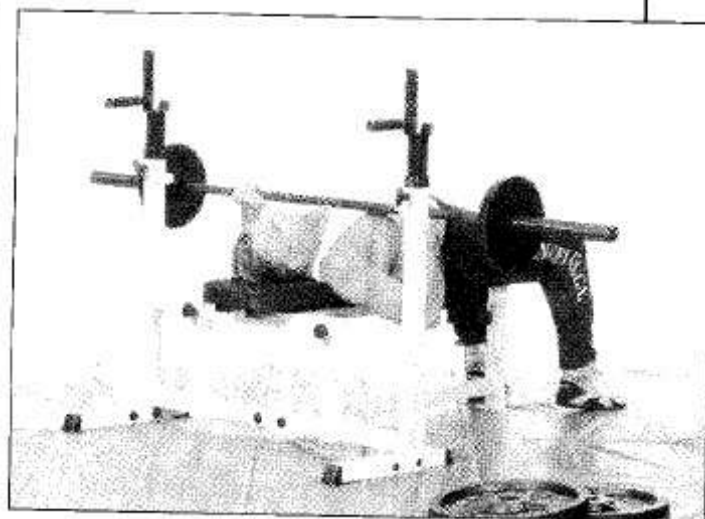
SPECIALIZED TRAINING DRILLS

Lightweight Press Drill (for endurance conditioning) Do 3 sets of 60 seconds

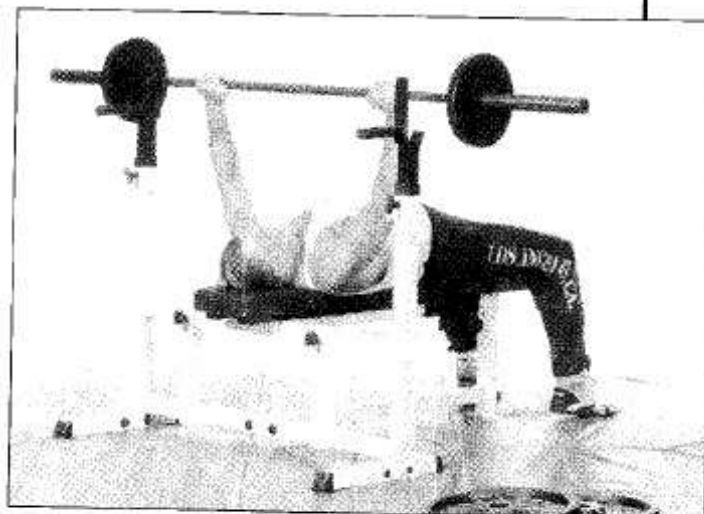
1. Take a fairly light barbell. This is called the 60 second endurance drill.

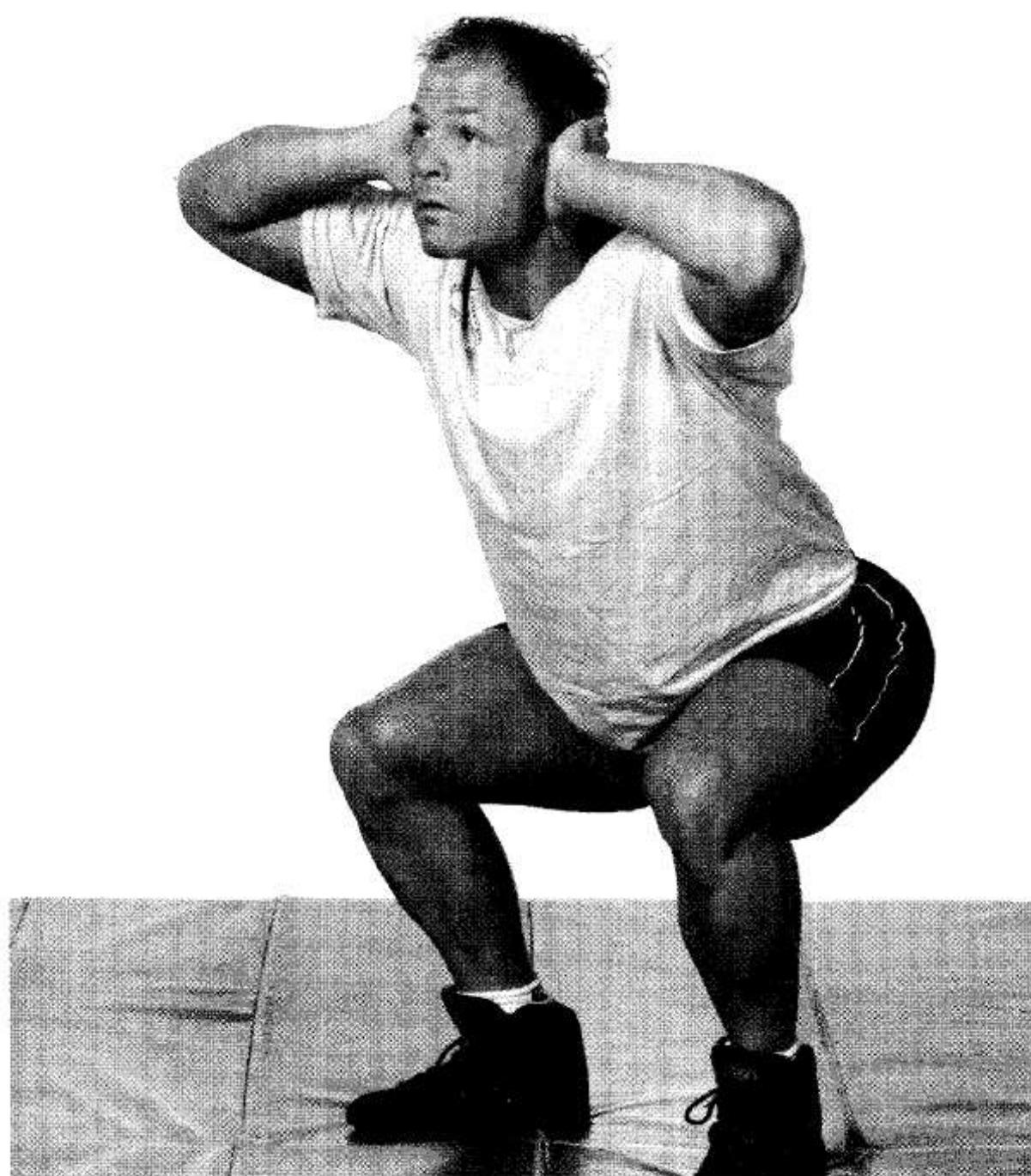


2. Bring the weight to your chest level and immediately...



3. ...push it back to start position. Concentrate on speed on this drill. Do as many reps as you can in 60 seconds.





Leg conditioning is essential to a fighter. This is especially true of the standup fighter. There's nothing worse than when you feel your legs beginning to give out during a match and you know that you're going down. Many great fighters have realized that it was time for them to retire from the ring when their legs could no longer carry them through a bout. It is your legs which give you mobility. They are also among the most devastating weapons in your arsenal. Anyone who has ever seen a Muay Thai match can attest to the fact that not only are the legs used for offense but they are also essential defensive tools which must be able to withstand attacks from your opponent.

Although the need for well conditioned legs is more obvious for the standup fighter, the need is no less for a grappler or ground fighter. Many grappling techniques are executed from the standing position. The fighter must be able to manoeuvre into position before he can enter a grappling technique. Once on the ground, the legs are used in both offense and defense. The traditional Russian wrestling art of Sambo is well known for its leg locks.

Before you begin any strenuous physical activity it is necessary that you first warmup. Failure to do so will eventually lead to injury. You must slowly raise your body temperature thereby increasing the elasticity of your tissues.

It can be argued that in a street fight you will not have an opportunity to stretch and warmup before engaging your opponent. I can't disagree with this, however, you will not be prepared to fight any aggressor you may encounter on the street if you are recovering from an injury you incurred in the gym while training either. While we should strive to make our training as realistic and relevant as possible, we should also make it as safe as possible. To develop power in your punches and kicks, you should train on the heavy bag. However, to prevent injury to your hands you should use bag gloves and hand wraps before hitting the bag. You would never use gloves or wraps on the street however. They are just tools to help you get maximum benefit out of your training. So is stretching.

In addition, as you participate in a regular stretching program over time your body will become more flexible. Flexibility is the key to relaxation and a relaxed muscle is not only less prone to injury, it moves much faster. Increased speed and reaction time is a great asset in surviving a hostile street encounter. Many grappling moves require

flexibility as do many counters.

There are many systems and theories of stretching. I am not going to delve into all of them here. As I mentioned in the introduction. I want to encourage you to research into these concepts and theories on your own to arrive at what works best for you. You need to develop a critical mind for what you are told. Many of the old stretching movements we learned in physical education class at school or taught in traditional martial arts have been shown to be very dangerous and counter productive. In your studies, look at the credentials of the presenter to determine if what they say is valid or are they just cashing in on the latest fitness craze. What I will present in this chapter is a safe stretching program which gives you a place to start. Don't take this as the final work in stretching or warmup. My goal is to help guide you to your own truth, not do something because Larry Hartsell says so.

You should never jump right into stretching "cold", your body isn't prepared for it and you could hurt yourself. You should first slowly and gently raise your body temperature and increase the flow of blood to your tissues. There are a number of ways to do this, you could engage in light aerobic activity such as jogging, cycling or jumping rope. You should not take this to exhaustion, you want to save your energy for the actual workout. This light aerobic activity should continue for about five to ten minutes until you experience a light sweat.

Move slowly into the stretches until you feel mild discomfort in the muscles targeted and then hold the position for about 30 seconds. As you become more supple over time you should gradually increase each stretch to 60 seconds. You may also want to repeat the stretching program at the end of your workout as part of the cooldown period. Your muscle temperature will be considerably warmer and the blood circulating in your muscles should allow you to move in a greater range of motion.

Rope jumping is an essential skill for any fighter. It is a great technique for building endurance. In addition it develops coordination and footwork. I highly recommend that you incorporate it as a regular part of your training. As I mentioned at the outset, I am writing this book with the assumption that the reader is already a skilled martial artist. The techniques of rope jumping have been written about in detail in other books and there are also many video tapes on the market which teach good rope jumping skills. I will therefore refer you these materials rather than merely repeat them here.

Today's fighters are much more sophisticated than in years gone by. It is now quite common for an opponent to "shoot" or go from a tackle. You will discover drills that prepare you for this situation. It involves starting from a fighting position and moving into the "sprawl" to counter an opponent's tackle.

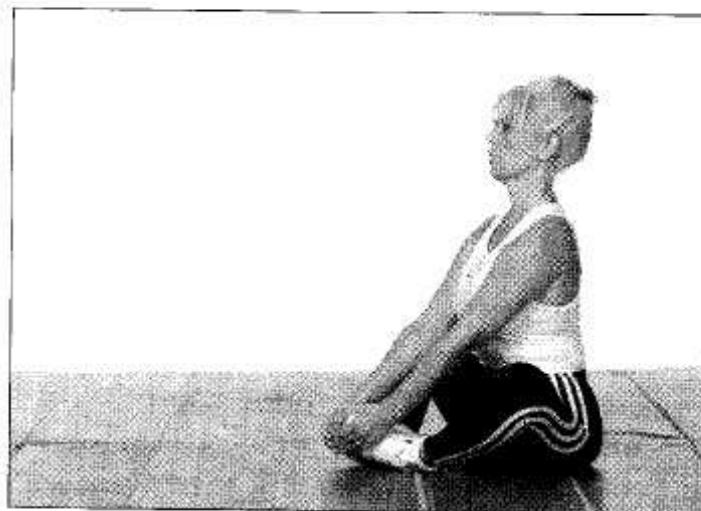
With the floor bag drills you should work at the level you are comfortable and slowly build up the repetitions over time. The repetition drills are essential to building up endurance. Practice changing from one knee mount position to the opposite knee mount position. You can further enhance your endurance by jumping up to a standing position between drills and doing five to ten squats. Another drill is to perform the floor bag drills, pop up to a fighting position and shadow kickbox for a three minute round, then resume the floor bag drills. The floor bag drills can also help you develop the mobility you will need in ground combat.



4m/shoulder stretch hold position for 15 secs and repeat both arms.



Tricep stretch hold position for 15 secs and repeat both arms.



1. Butterfly groin stretch position one. Lean forward as far as possible.



2. Butterfly groin stretch position two. Reach out with both arms feeling the stretch in the inner thighs.

LEG CONDITIONING DRILLS

Stretching Exercises
Do 5-10 reps



1. Shoulder/forearm stretch start position.



2. Bring your buttocks near to your ankles.

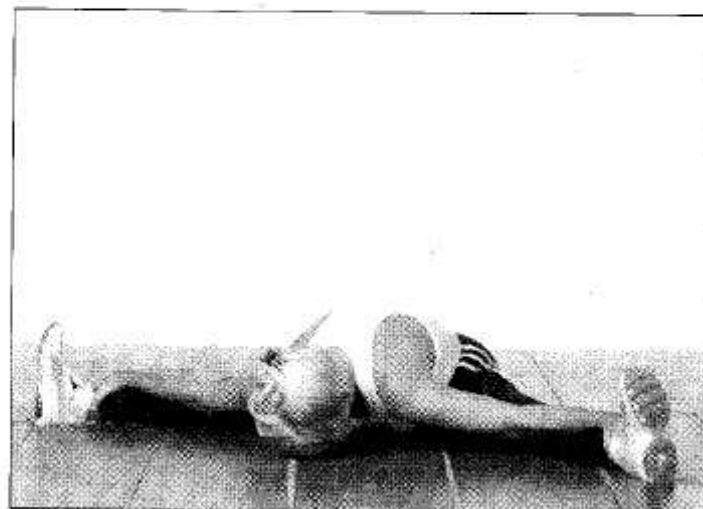


3. ...and push your hips out, simultaneously feeling the stretch in the whole arm. Repeat repetitions.

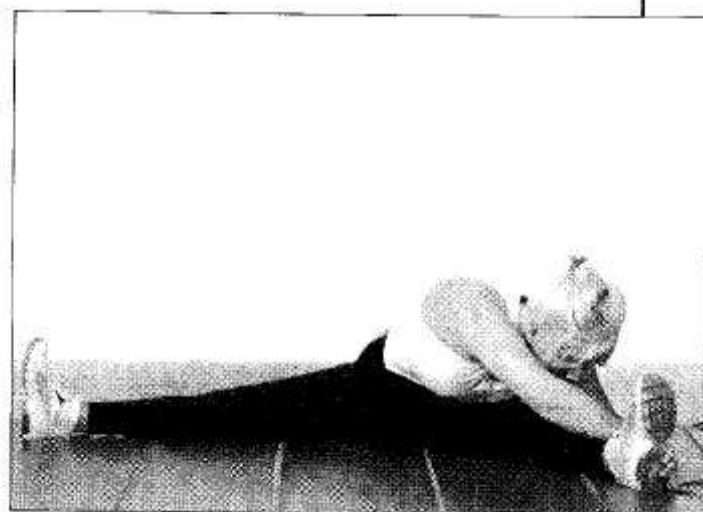
LEG CONDITIONING DRILLS

Stretching Exercises
Do 5-10 reps

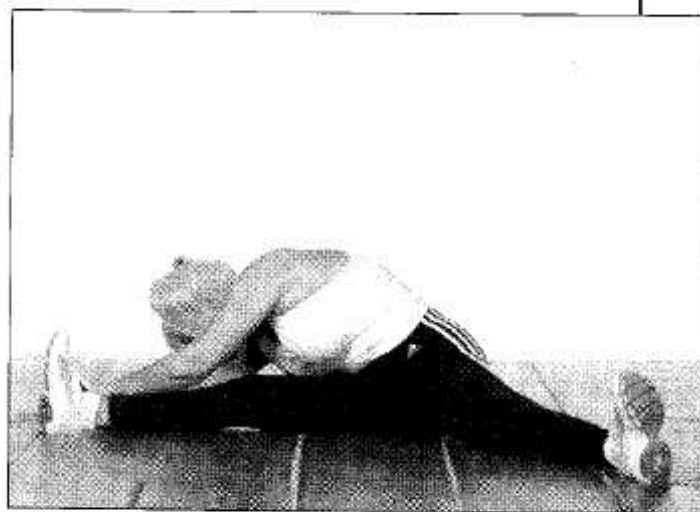
1. Chinese stretch position one. Bring your body until your face touches the floor, hold ankles with hands.



2. Chinese stretch position two. Move your upper body to touch your left knee with face whilst holding the ankle.



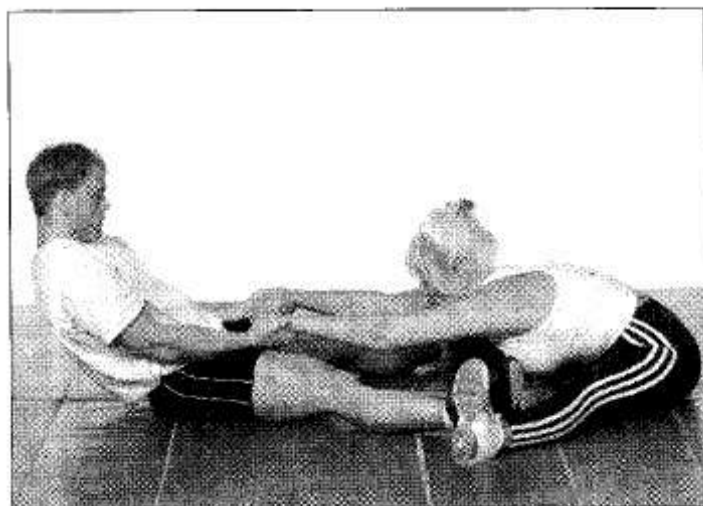
3. Chinese stretch position three. Now hold the same position working your right leg. Hold each position until you feel the stretch working.



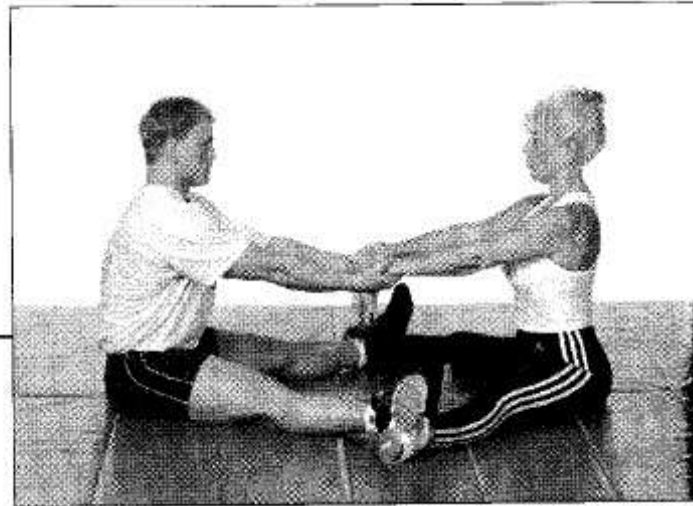
LEG CONDITIONING DRILLS

Stretching Exercises

Do 5-10 reps each exercise



1. Chinese split stretch with partner start.



2. Chinese split stretch with partner finish.



Leg over twist stretch.



a. Hamstring stretch with partner. Floor position.

LEG CONDITIONING DRILLS

Stretching Exercises
Do 3-5 reps each exercise



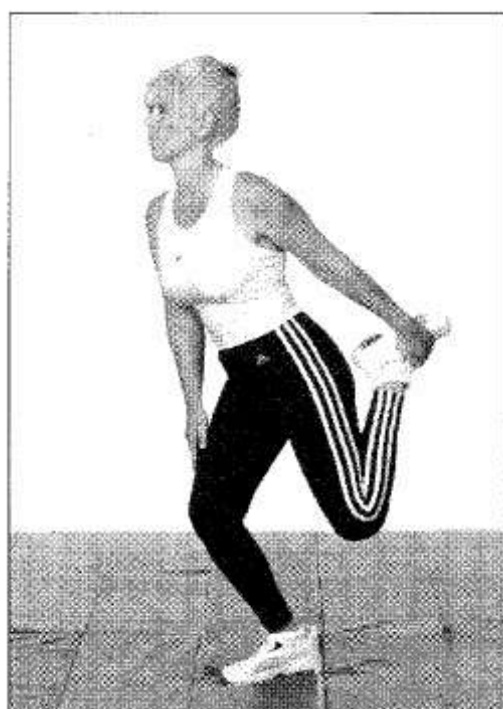
b. Right leg standing up, hamstring stretch. Try to bring head to kneecap and feel the stretch working hold for 30 seconds.



c. Left leg standing up, hamstring stretch



d. Heel down hamstring stretch. This exercise stretches the hamstring which is important in kicking.

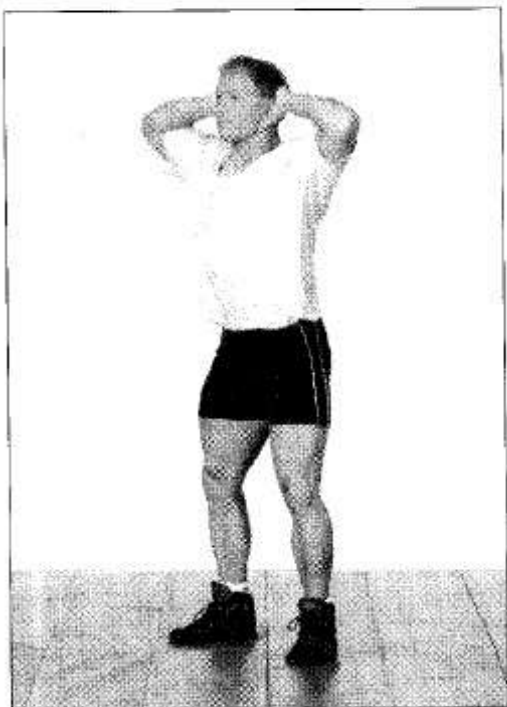


Quad stretch. This exercise stretches the thigh muscles and is excellent warmup before squatting.

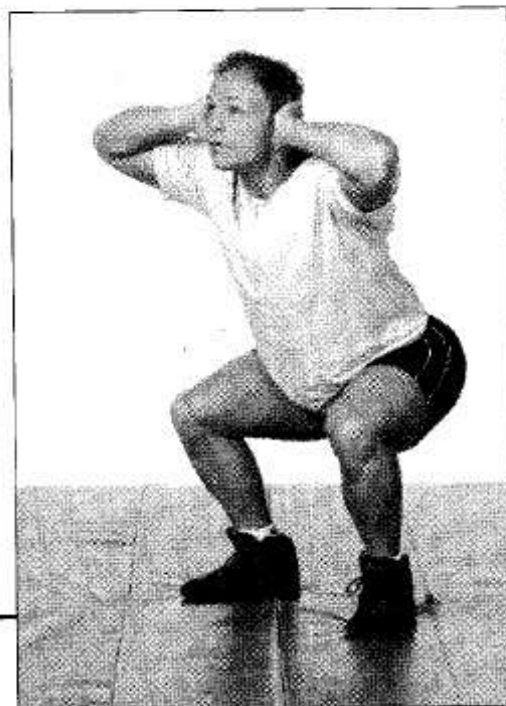
LEG CONDITIONING DRILLS

Free Squats

Do 2 sets of 2 minutes each exercise



1. Ready position. Stand upright with both hands on side of head.



2. Squat down keeping hands to side of head, go for the burn, concentrating on form. Repeat repetitions.



2. Step forward with your right foot to one leg squat position keeping upper body upright. Repeat alternating both legs.



b. Two man Catchascan squat. To develop quad strength.

LEG CONDITIONING DRILLS

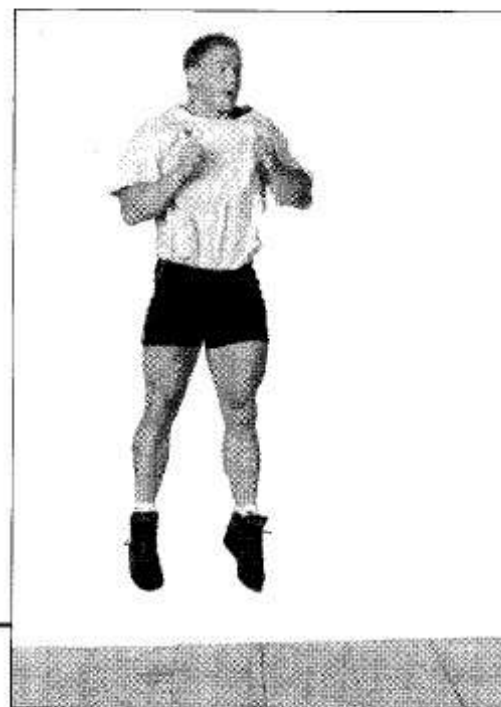
ShadowBoxing/Jump Squats
Do 2 rounds of 5 minutes



1. From a ready stance, throw a lead jab.



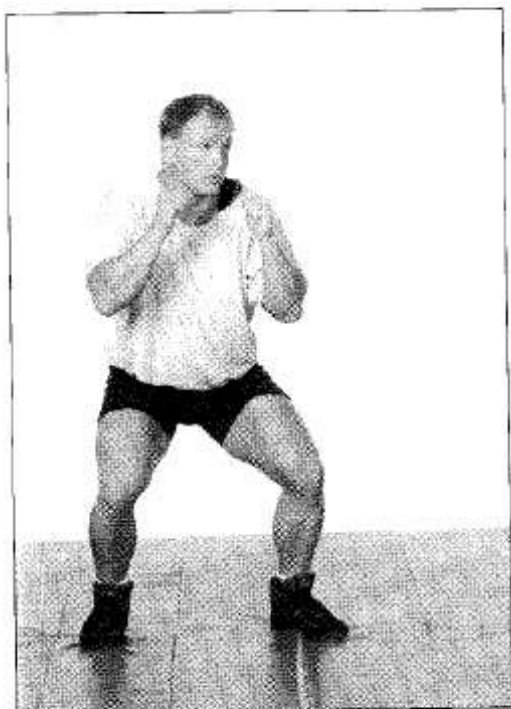
2. Immediately bend down to a squat position.



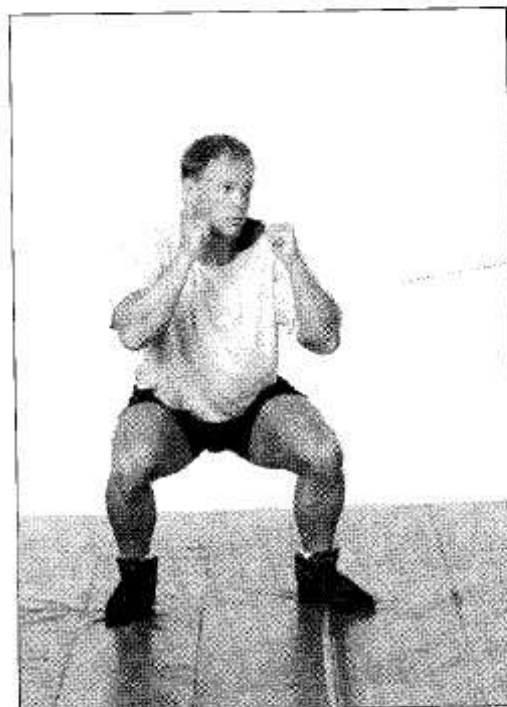
3. ...and explode up into a jump squat as high as possible using ankle and quad strength.

LEG CONDITIONING DRILLS

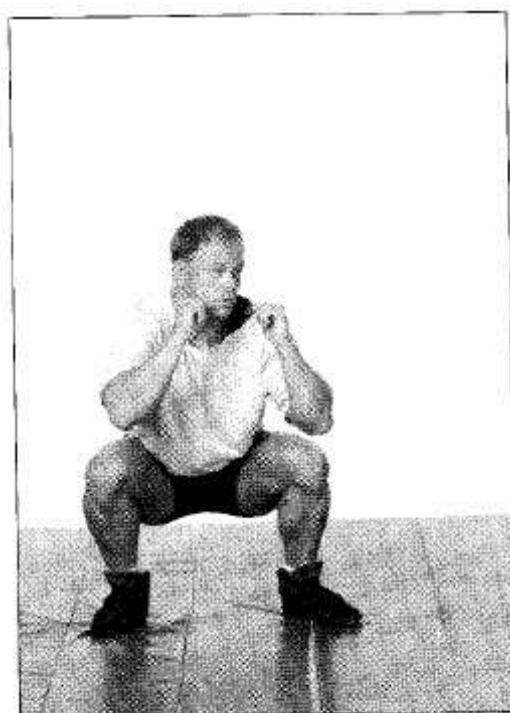
(you may do this drill using either of these three squat methods)



a. Quarter squat.



b. Half squat.



c. Full squat.

LEG CONDITIONING DRILLS

Rope Jumping
Do 5 minutes each exercise



a. Basic rope skipping for 5 minute rounds. For conditioning legs and cardio.



b. Rope skipping exercise crossing the arms.

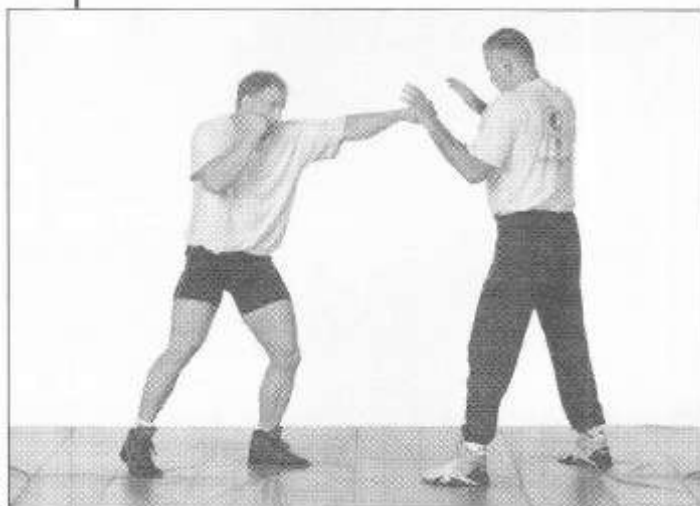


c. Squat rope skipping using squat method for targeting the quads.

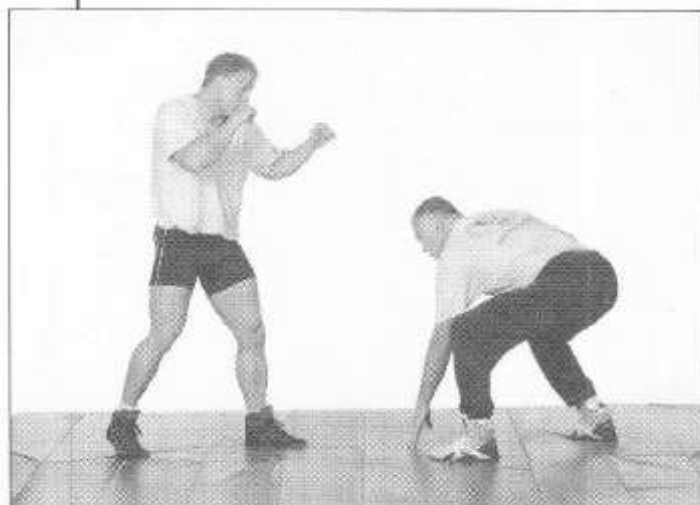
LEG CONDITIONING DRILLS



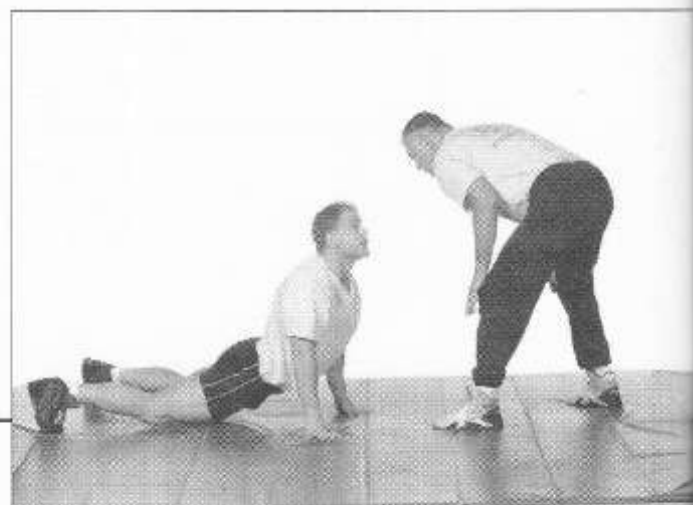
1. Trainer squares off with student with both hands open.



2. Student begins with any punching combination (shadow boxing) to the trainer's hands.



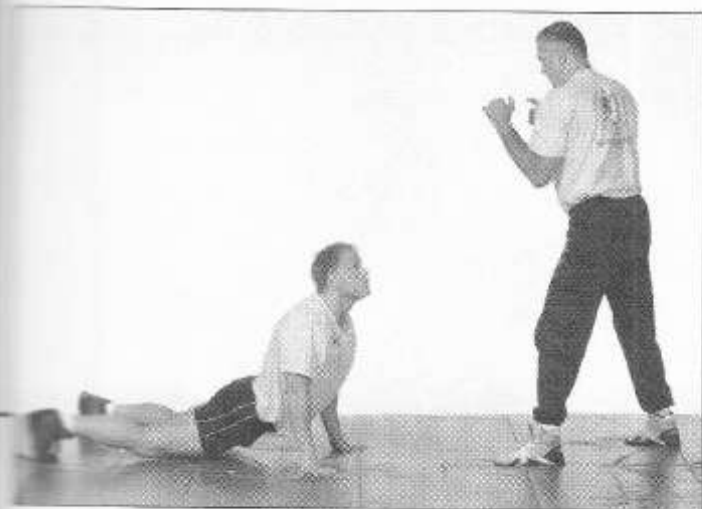
3. Trainer goes to tackle position (or points to mat).



4. Student goes to sprawl (trainer calls out repetitions). 10-15 reps

LEG CONDITIONING DRILLS

"Sprawl" Drill to Counter Tackle
Do 2 rounds of 3 minutes



5. Trainer returns to fighting stance.



6. Student gets back up and continues to repeat drill.

LEG CONDITIONING DRILLS

Thai Pad/Squat Drill

Do 5 rounds of 2 minutes



1. Ready position. Trainer positions pads for a kick.

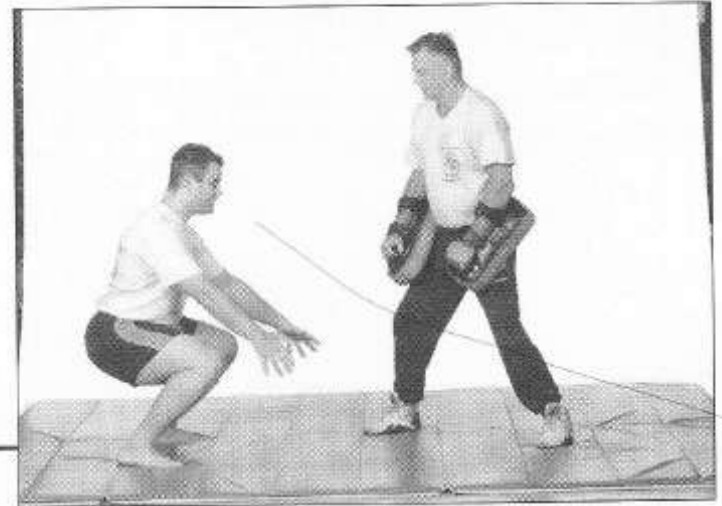


2. Student throws rear hard round kick on the pads.

LEG CONDITIONING DRILLS



3. ...Repeats the kick without any hesitation.



4. Student free squats (repetitions designated by the trainer). 5-10 reps.



5. ...Gets back into



6. ...a left leg forward stance as trainer positions the pads for a ...



7. ...lead hard round kick to the pads.

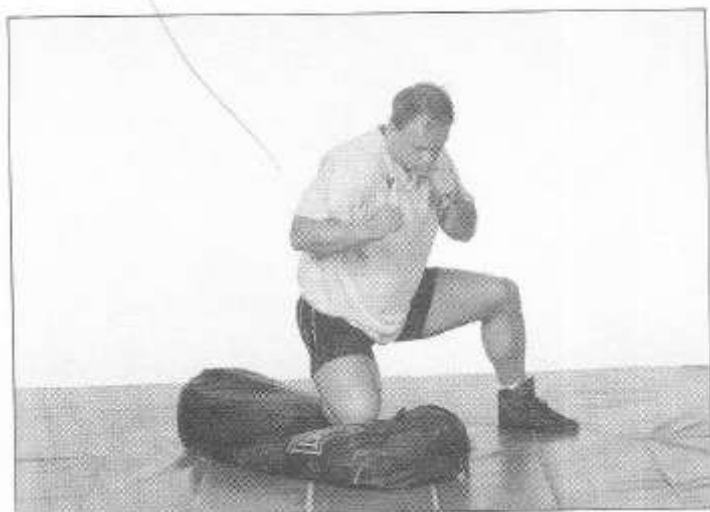


8. As soon as the kicking leg touches the ground student fires the second kick. Repeat squat drill.

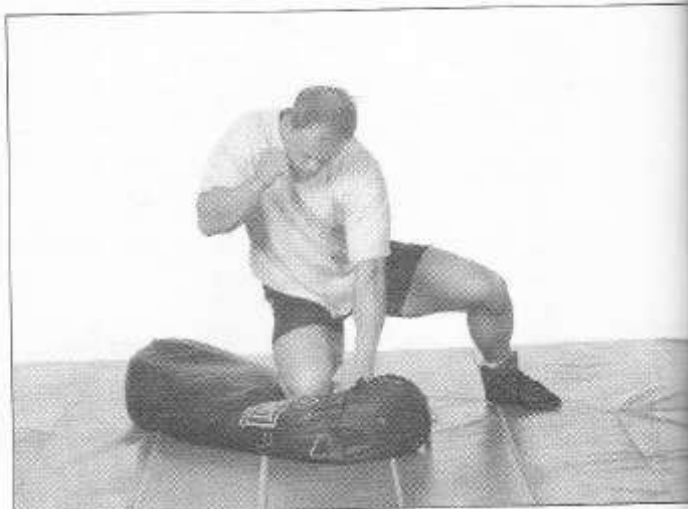
LEG CONDITIONING DRILLS

Floor Bag Drill #1

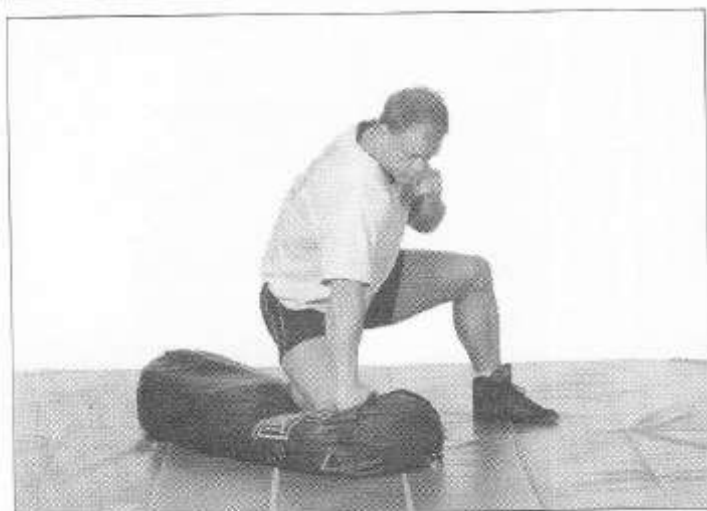
Do 3 rounds of 5 minutes combining the following three drills



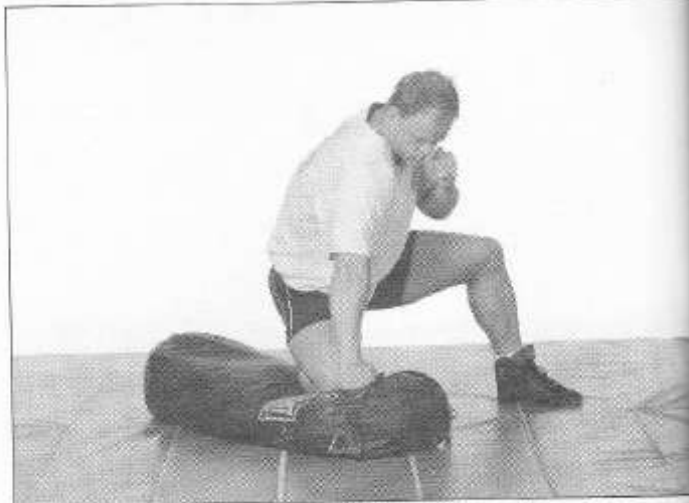
1. Right knee mount on the floor heavy bag.



3. Left hand hit



2. Right hand hit

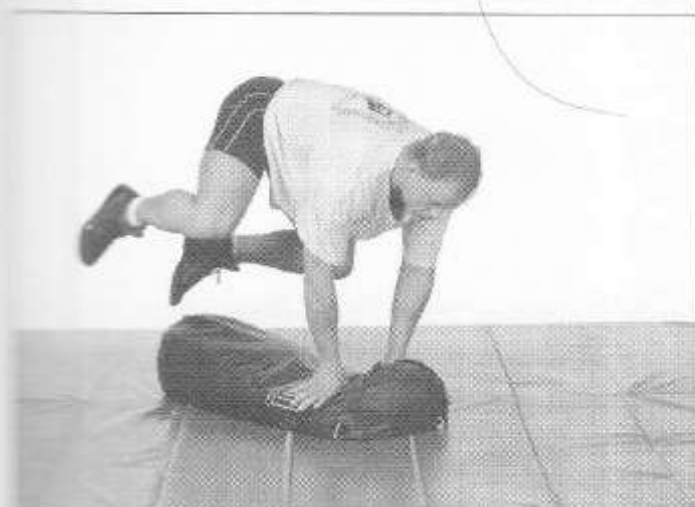


4 Right hand hit

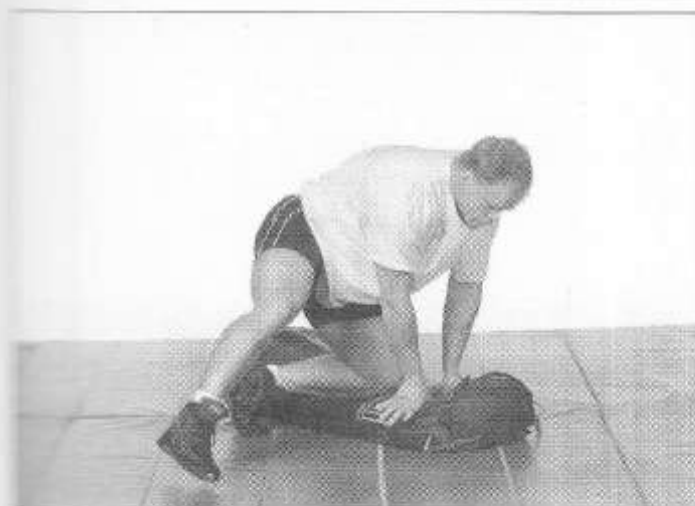
LEG CONDITIONING DRILLS



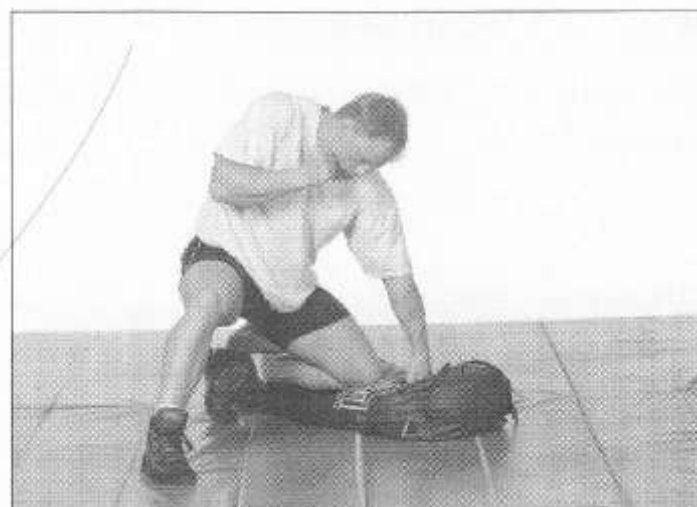
7. Vault over to the left of the bag.



(keep both hands on the neck of the bag).



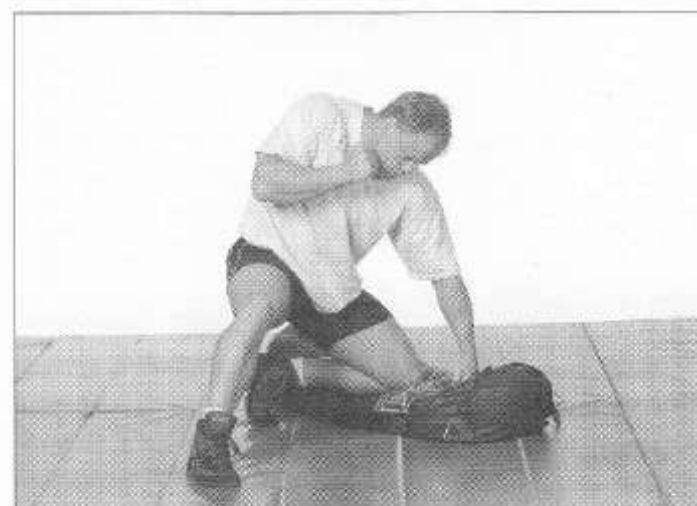
7. Land with your left knee (hitting) on the bag. (Conditions the knee).



8. Left punch...



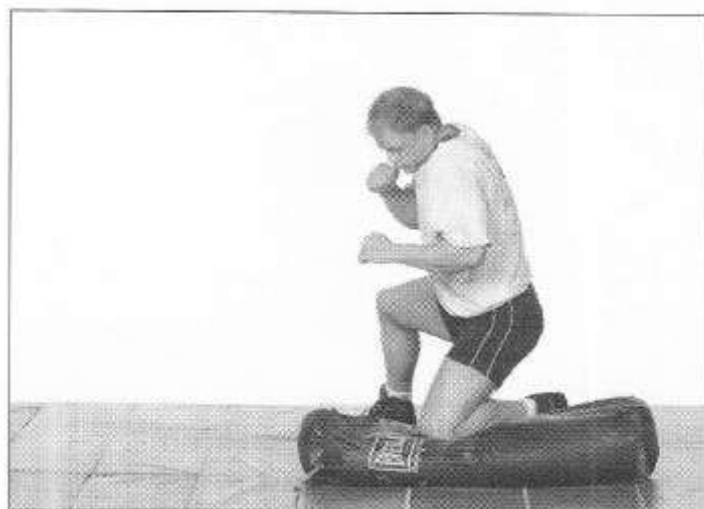
9. Right punch...



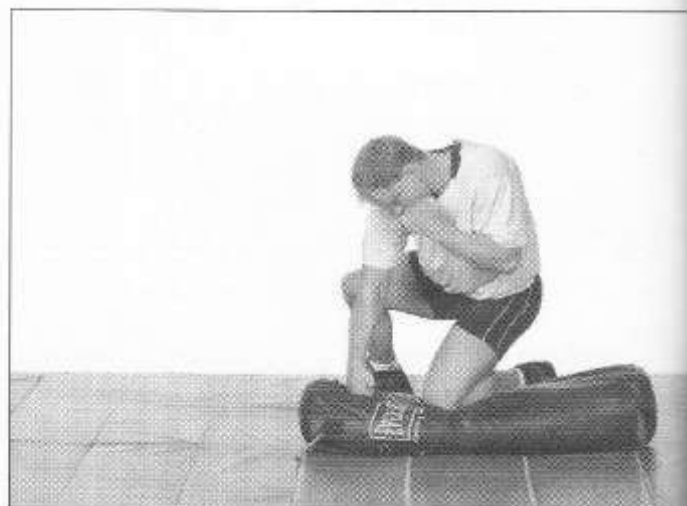
10. Left punch. Repeat the whole drill for a number of times.

LEG CONDITIONING DRILLS

Floor Bag Drill #2
(posting-spinning around bag from same mount)



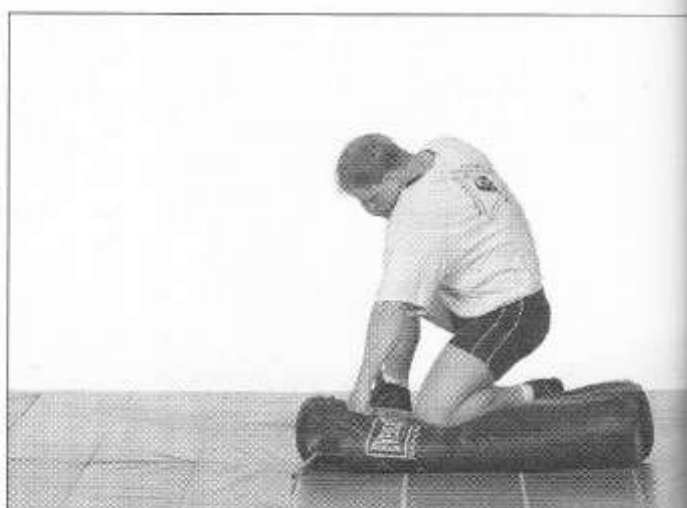
1. Start with left knee mount on the bag.



3. Right punch...



2. Left punch...

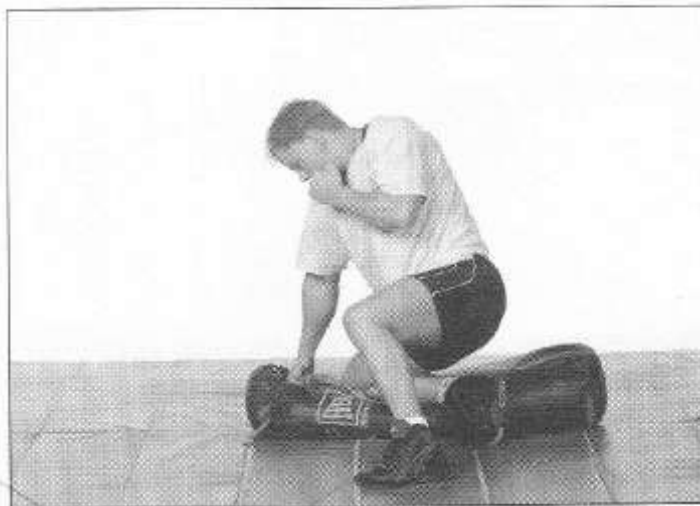


4 Left punch...

LEG CONDITIONING DRILLS



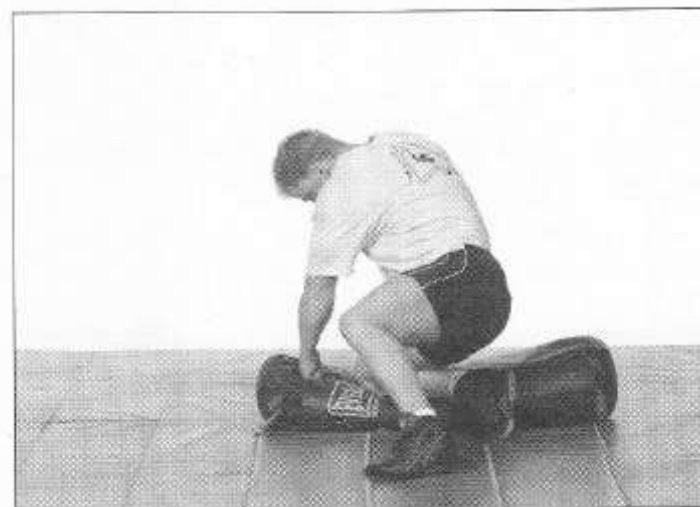
5. Spin around "head" of bag...



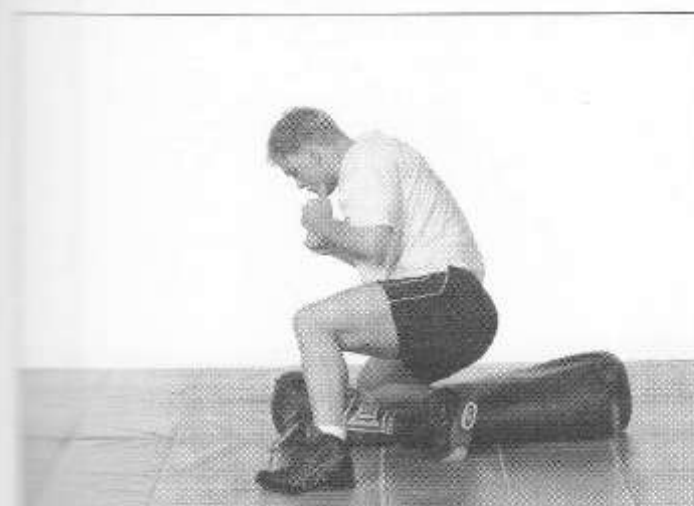
8. Hit right punch...



6. Hopping around while keeping both hands on the bag.



9. Left punch...



7. ...land with your right knee on the bag (post with both hand and knee).

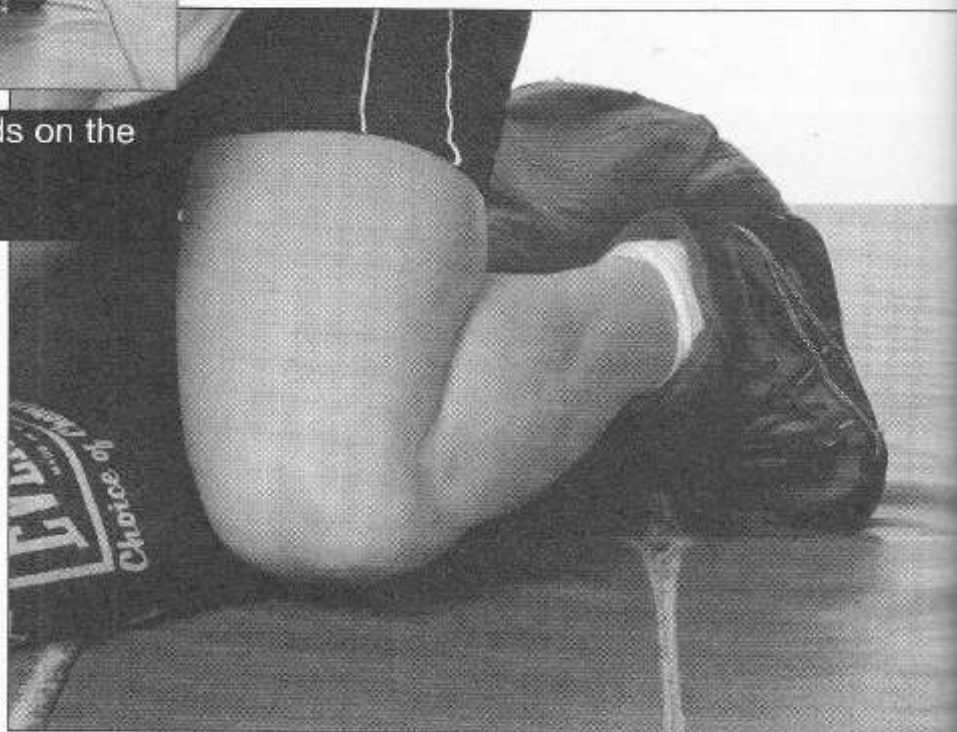


10. Right punch.

LEG CONDITIONING DRILLS



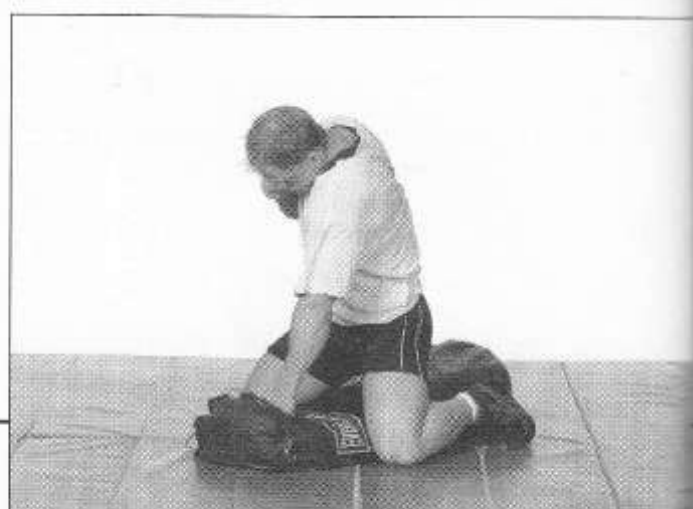
1. Mount the bag with both hands on the top.



Close up: Correct positioning of the feet and knees when mounting the bag.



2. Right punch...



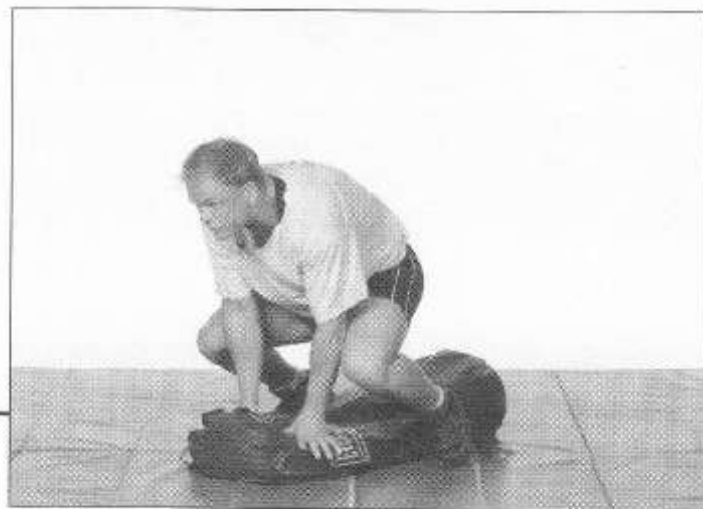
3 Left punch...

LEG CONDITIONING DRILLS

Floor Bag Drill #3 "Hopover"

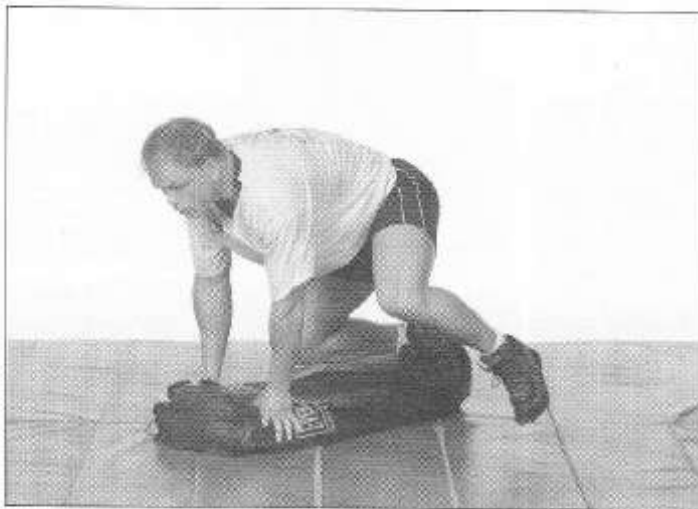


4. Right punch...

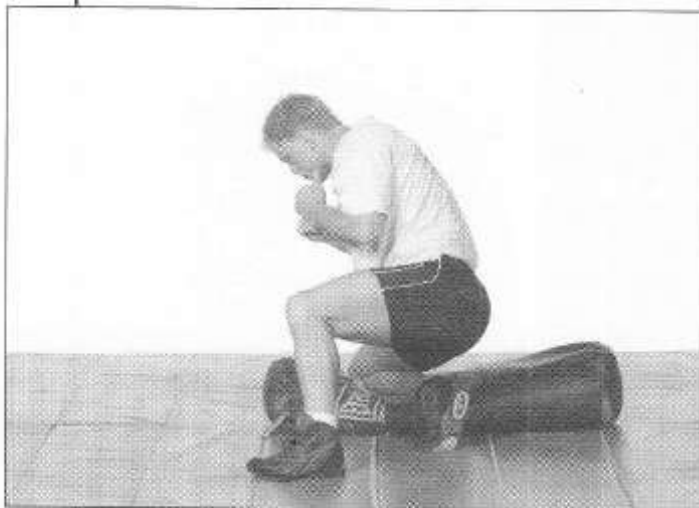


5. Lift your knees off the ground with your hands on the top of the bag.

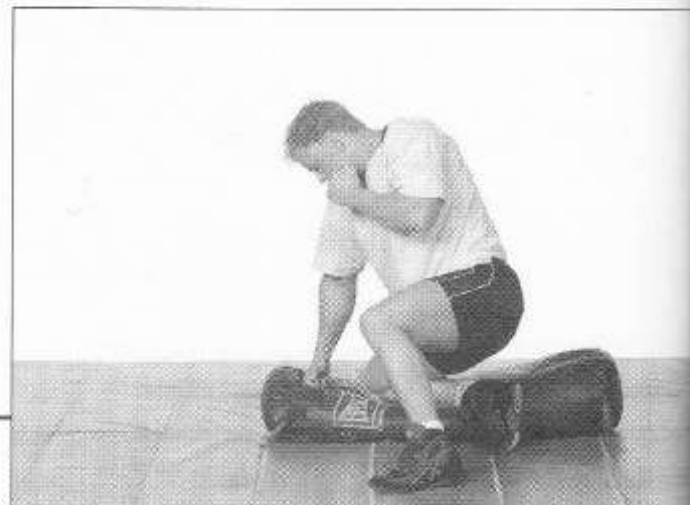
LEG CONDITIONING DRILLS



6. Hopover bag to right – mount landing with...



7. ...right knee on the bag

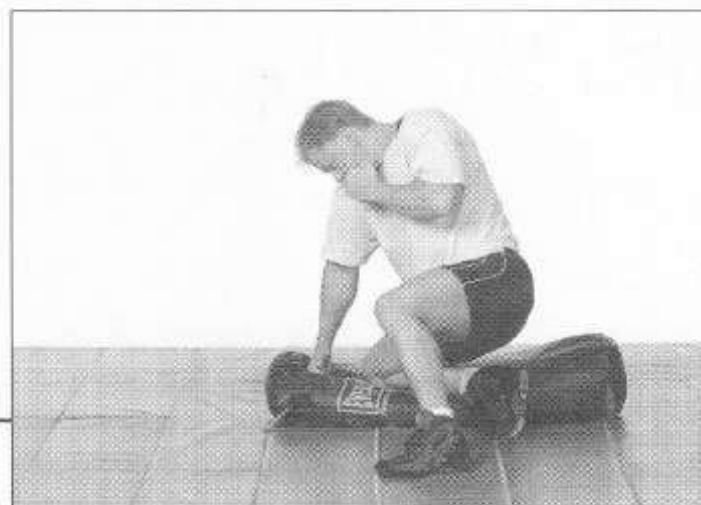


8. Repeat right punch...

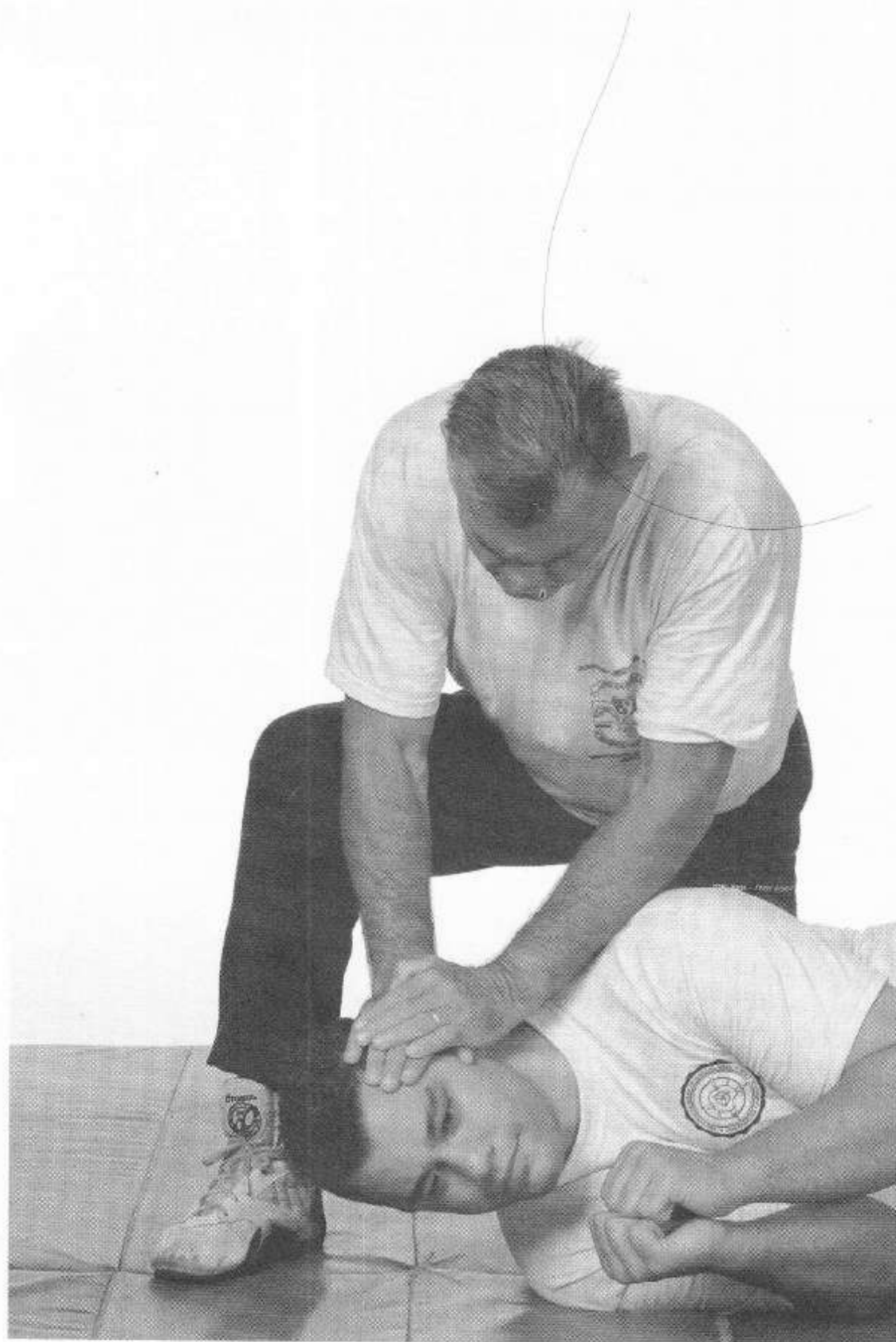
LEG CONDITIONING DRILLS



9. Left punch...



10. Right punch. Then hop over to left mount and repeat punch sequence.



In the last chapter, we talked about the importance of leg conditioning. Another area which is often neglected in many fighters' training regimen is neck conditioning. However, the importance of neck conditioning cannot be overemphasized.

Most boxers tend to be "headhunters". By that I mean that they primarily attack their opponent's heads rather than their bodies. Properly executed body punches can be just as devastating as head blows but, still, most fighters seem to prefer the head as a target. In order to withstand these blows to the head, a fighter needs to have a strong, well conditioned neck. The neck serves as a shock absorber taking up much of the energy of your opponent's punches to the head.

Wrestlers have long known the importance of neck conditioning. They often use the neck to "bridge" the body during a technique. Without proper preparation and conditioning, serious injuries would result.

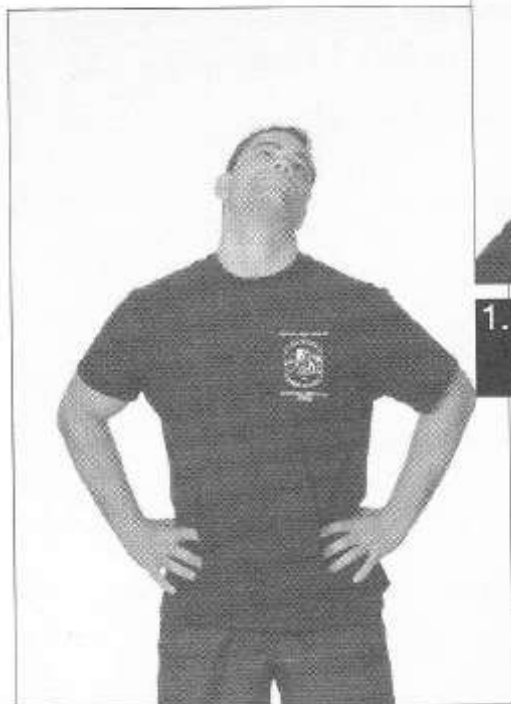
Once you have the neck loosened up, isometric drills can be used to strengthen the neck muscles. I recommend you perform between one and fifteen repetitions through the full range of motion. Use the neck muscles to overcome the resistance. Do not use so much resistance as to cause injury.

The Wrestler's Bridge is a classic exercise used by virtually all wrestlers to strengthen their necks. A towel can also be used as an effective conditioning tool. I must caution you before proceeding, however. Extreme caution must be exercised by both the trainer and the trainee in these drills. The neck can be easily injured by the torque involved. The trainer must use extreme caution in not using too much force. Similarly, the trainee should not resist with so much force that injury results. More than any other drills in this book, use these techniques at your own risk.

Just as there are exercises to condition the neck, so are there drills to develop skills involving attacking, controlling and defending the neck. One of the most basic drills to develop skill in controlling your opponent's neck is the Plum Exercise from Muay Thai. With this chapter I wanted to increase your awareness of the neck. It is often neglected in training. I hope I have convinced you that you need to consider this area in your training program from the standpoints of both conditioning and skill development.

NECK CONDITIONING DRILLS

Neck Rotation Exercise
Do 6-12 full rotations



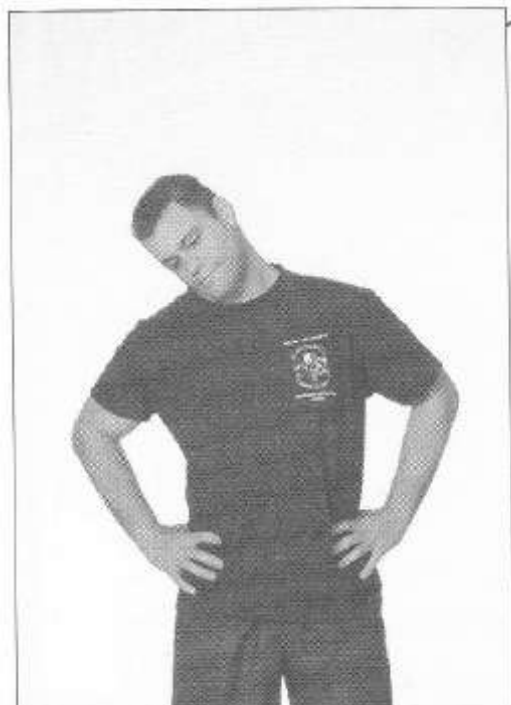
2. Rotate to the left.



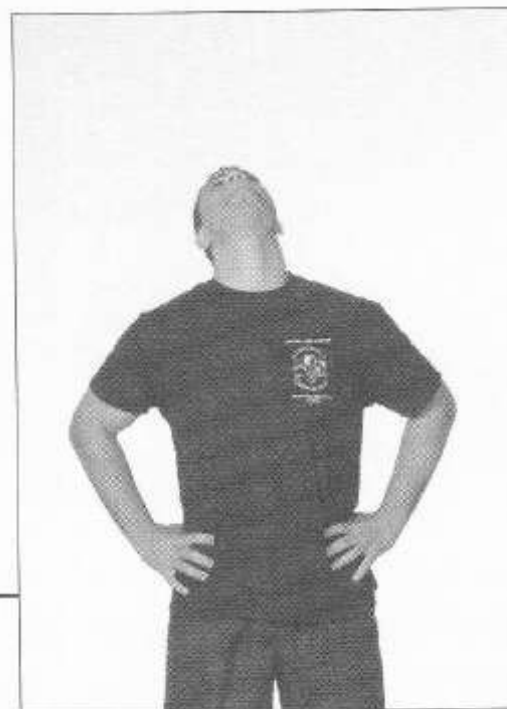
1. Start



3. ...continue to circle head downwards.



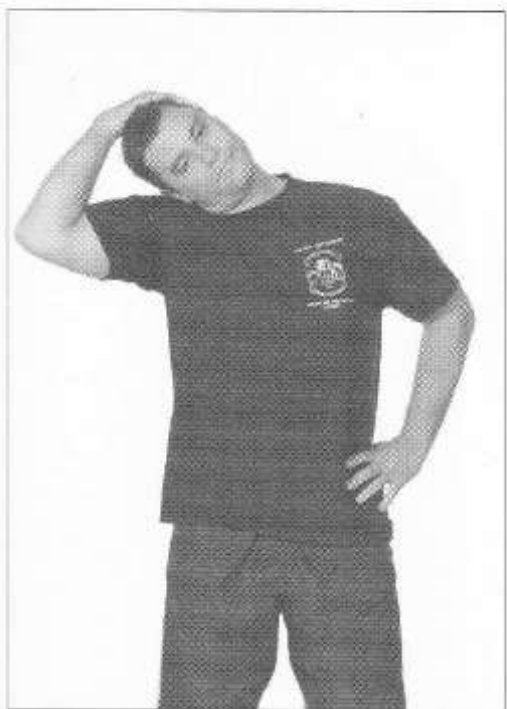
4. ...to the right.



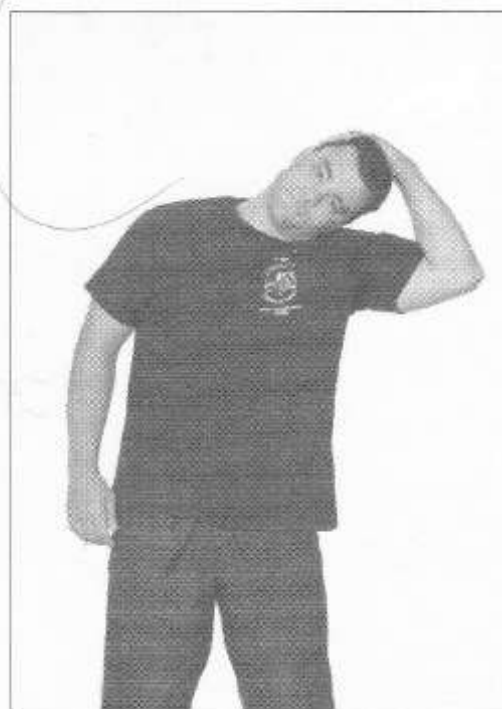
5. ...and circle to back.

NECK CONDITIONING DRILLS

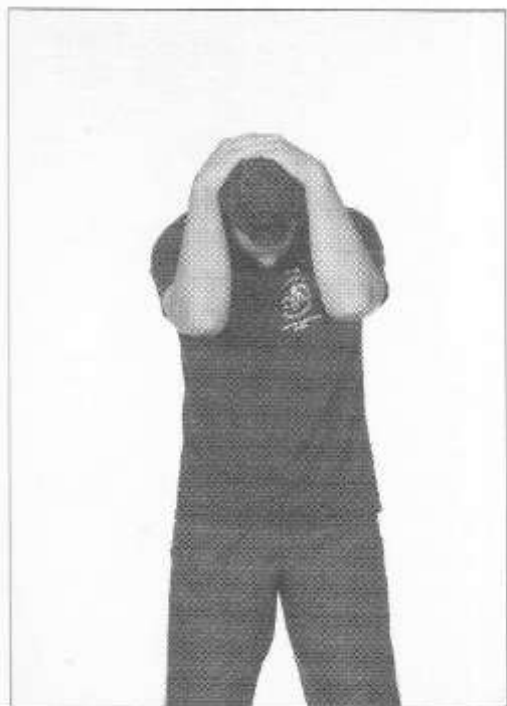
Neck Stretching Exercises
Hold each position for 10 seconds



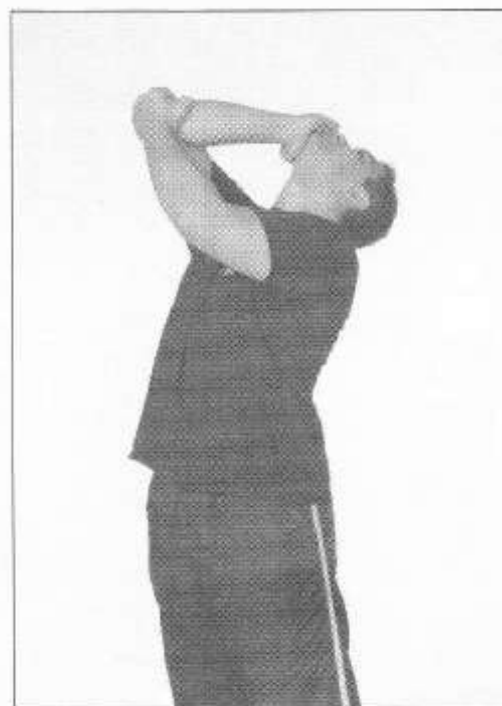
a. Right stretch with one hand.



b. Left stretch with one hand.



c. Forward stretch with both hands behind head.



d. Back stretch with right hand pushing back the chin.

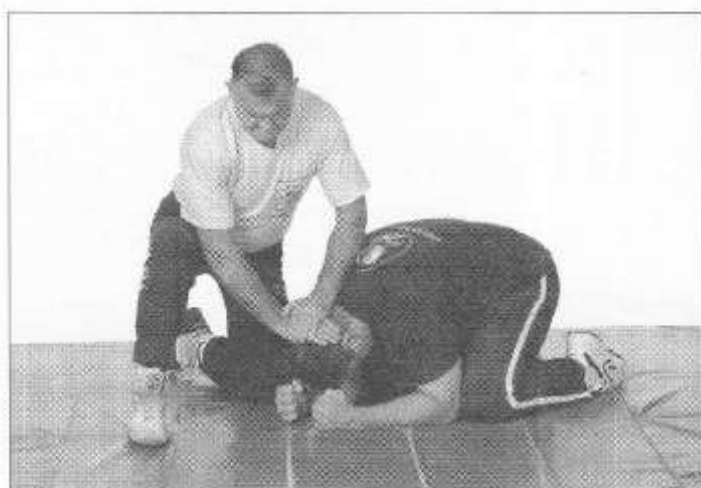
NECK CONDITIONING DRILLS

Isometric (kneeling full-range continuous motion)

Do 5-15 reps



1. Student on knees and elbows on ground.



2. Trainer puts pressure with both hands on back of head.



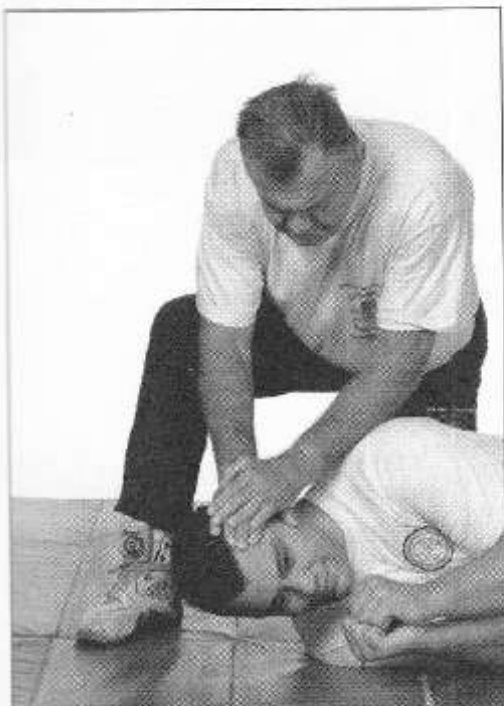
3. Student exerts upward pressure.



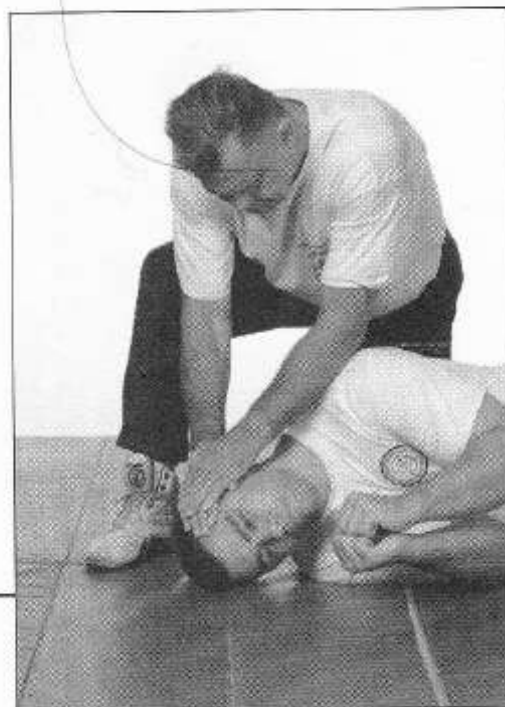
4. Trainer pushes down again. Repeat.

NECK CONDITIONING DRILLS

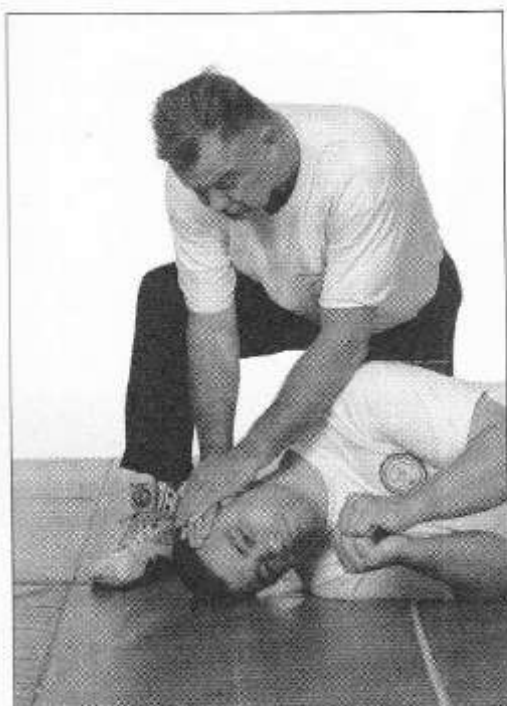
Sideways – from straddle position
Do 5-15 reps



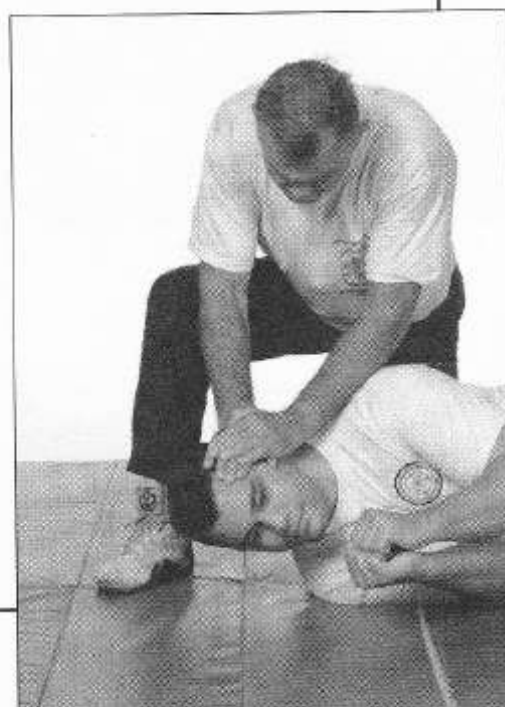
1. Student lying on floor sideways. The trainer has right hand on side of face with left on top.



2. Trainer exerts downward pressure.



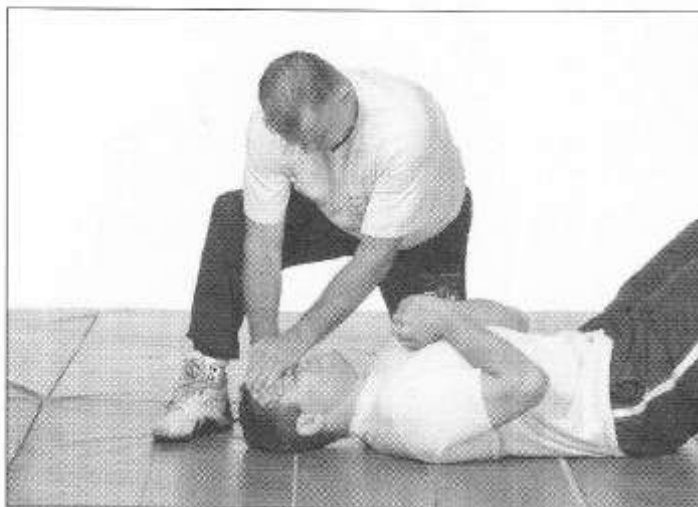
4. Trainer pushes down again with maximum force to encourage student to maintain a level of tension. Repeat.



3. Student exerts sideways upward force working the neck.

NECK CONDITIONING DRILLS

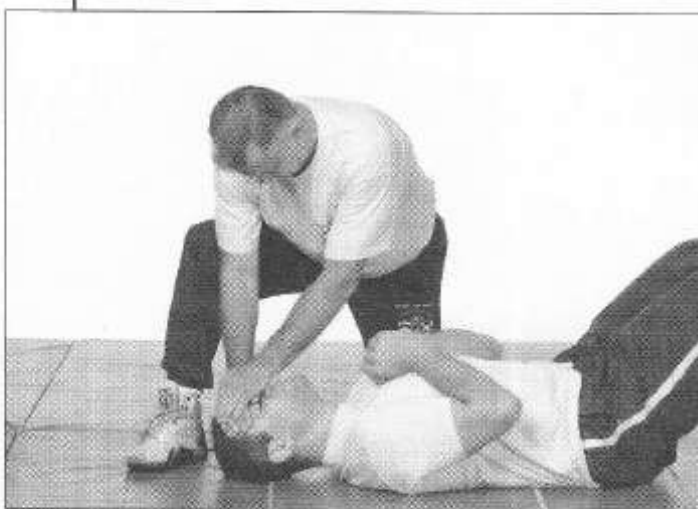
Forward Pressure
Do 5-15 reps



1. Student lying down with back to the floor and knees up. Trainer has both hands on the forehead area.



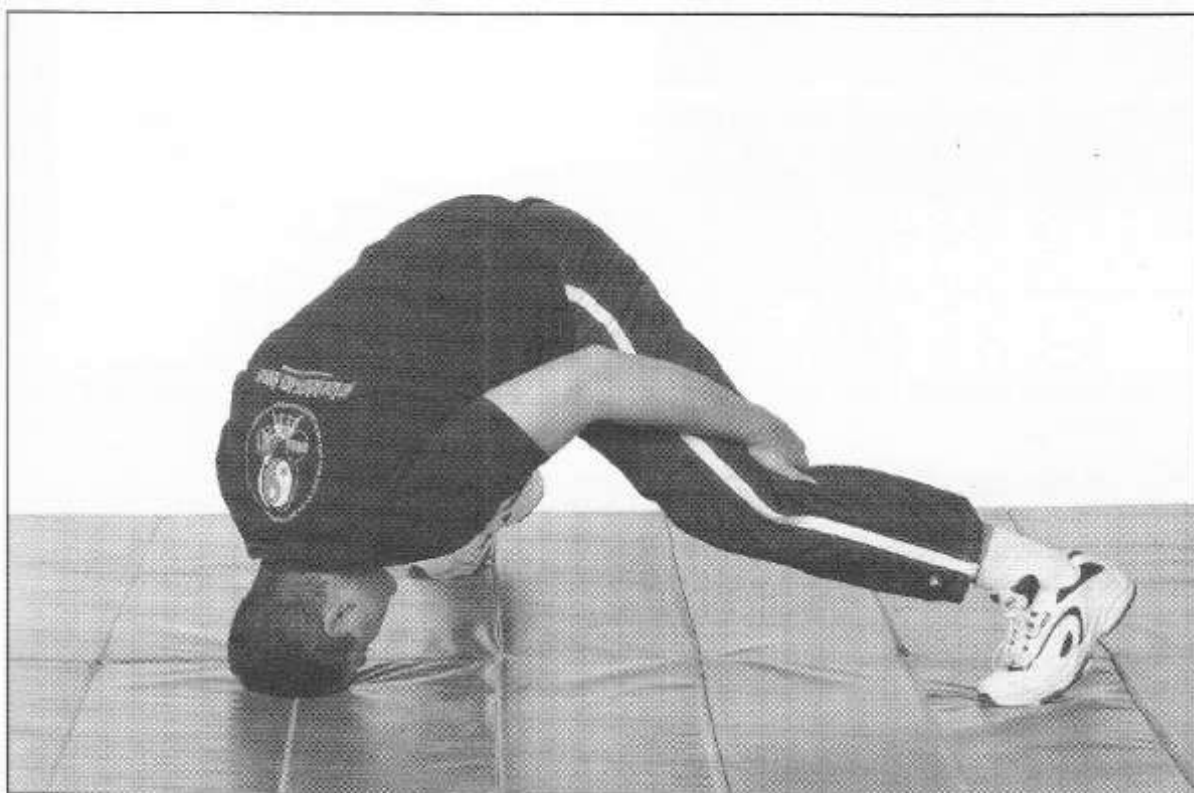
2. Student forces his head up and forward using neck and upper back strength.



3. Coach exerts downward pressure pushing the student's head down. Repeat.

NECK CONDITIONING DRILLS

Wrestlers Bridge
Do 5-15 reps



1. Starting face down position with forehead touching the ground and both legs spread out, left hand off the ground.

NECK CONDITIONING DRILLS



2. Roll forward.

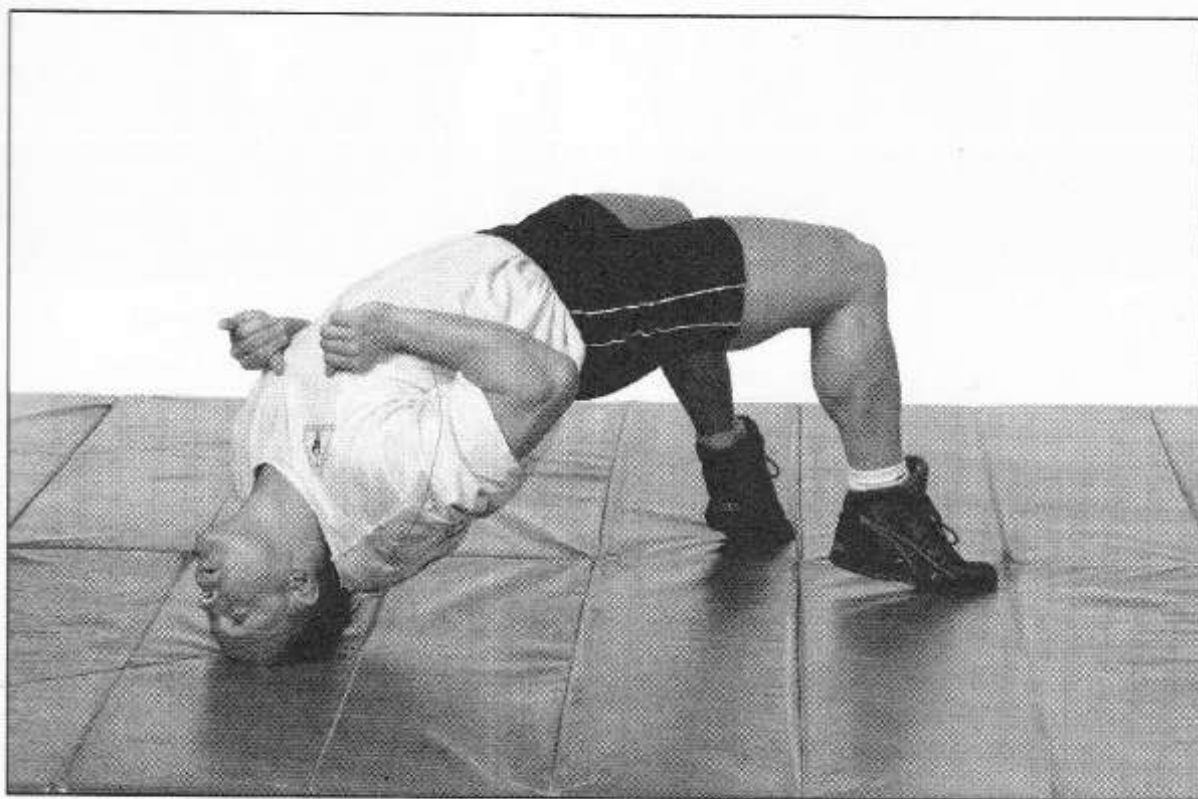


3. Roll to the left.



4. Roll to the right.

NECK CONDITIONING DRILLS



b. Reverse Wrestler's Bridge. Hold this position for 2-3 minutes and feel the burn on the back of the neck. Start off with feet flat to floor, pay close attention to balance to avoid injury.

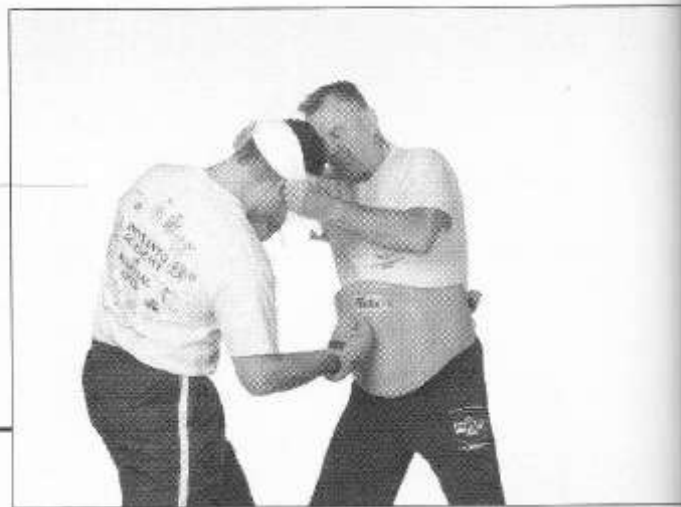
NECK CONDITIONING DRILLS



1. Trainer wraps towel around student's neck. (Also wears body protector).



2. Trainer pulls towel to the left.



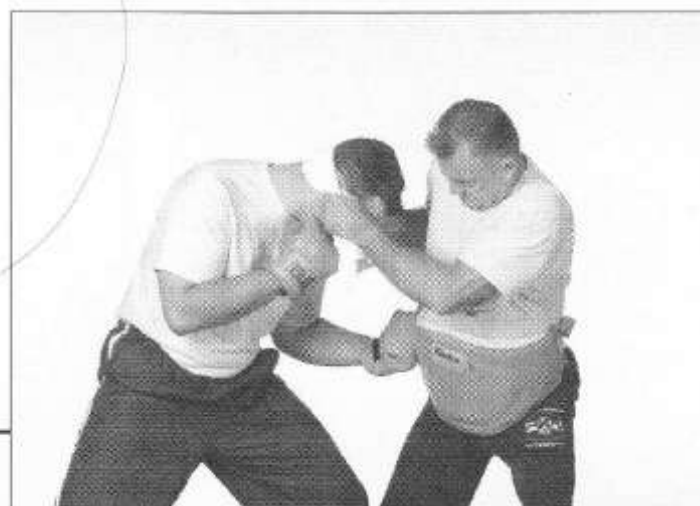
3. ...and pulls inward. Student punches to the mid section.

NECK CONDITIONING DRILLS

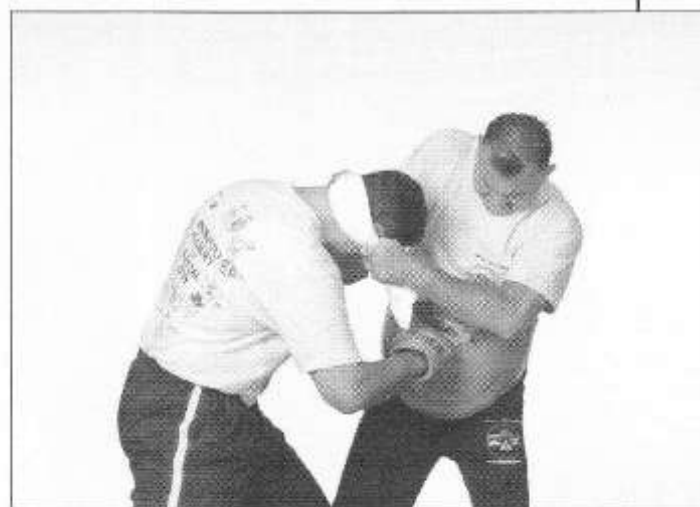
Towel Drill
Do 2 rounds of 3-5 minutes



4. Student exerts backward pressure working the neck muscles.

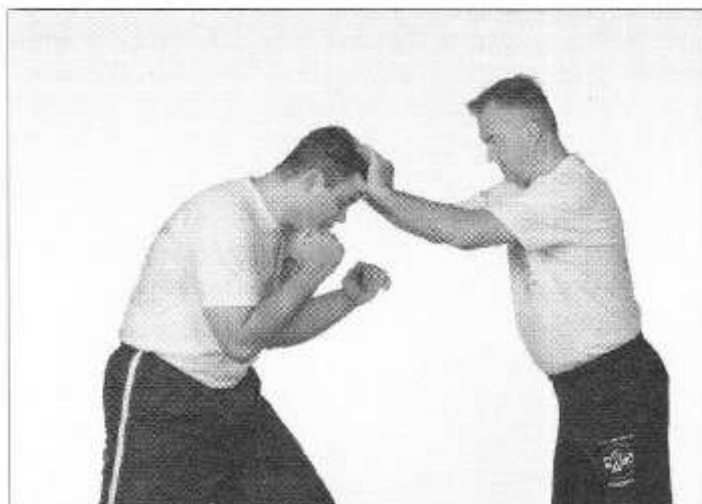


5. Trainer pulls student back in various left/right directions, student punches...

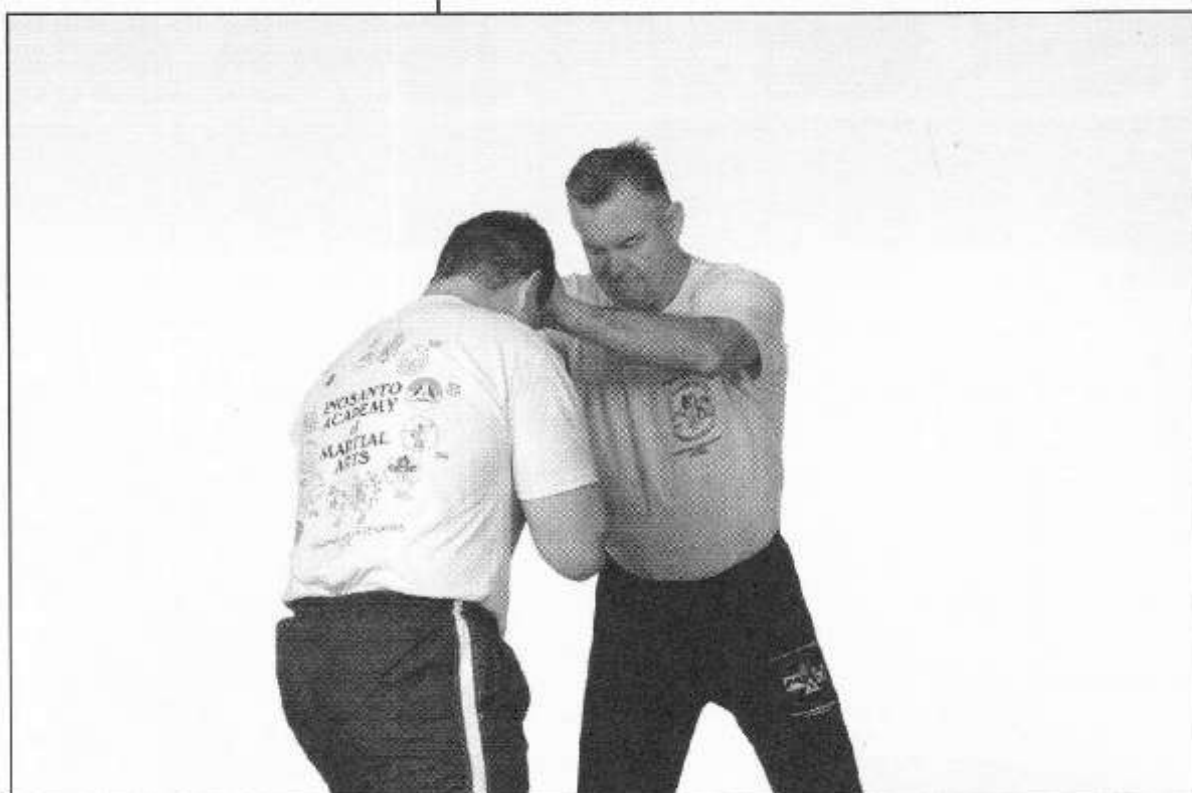


6. ...and continues to strike trainer's mid section as the drill becomes productive.

NECK CONDITIONING DRILLS



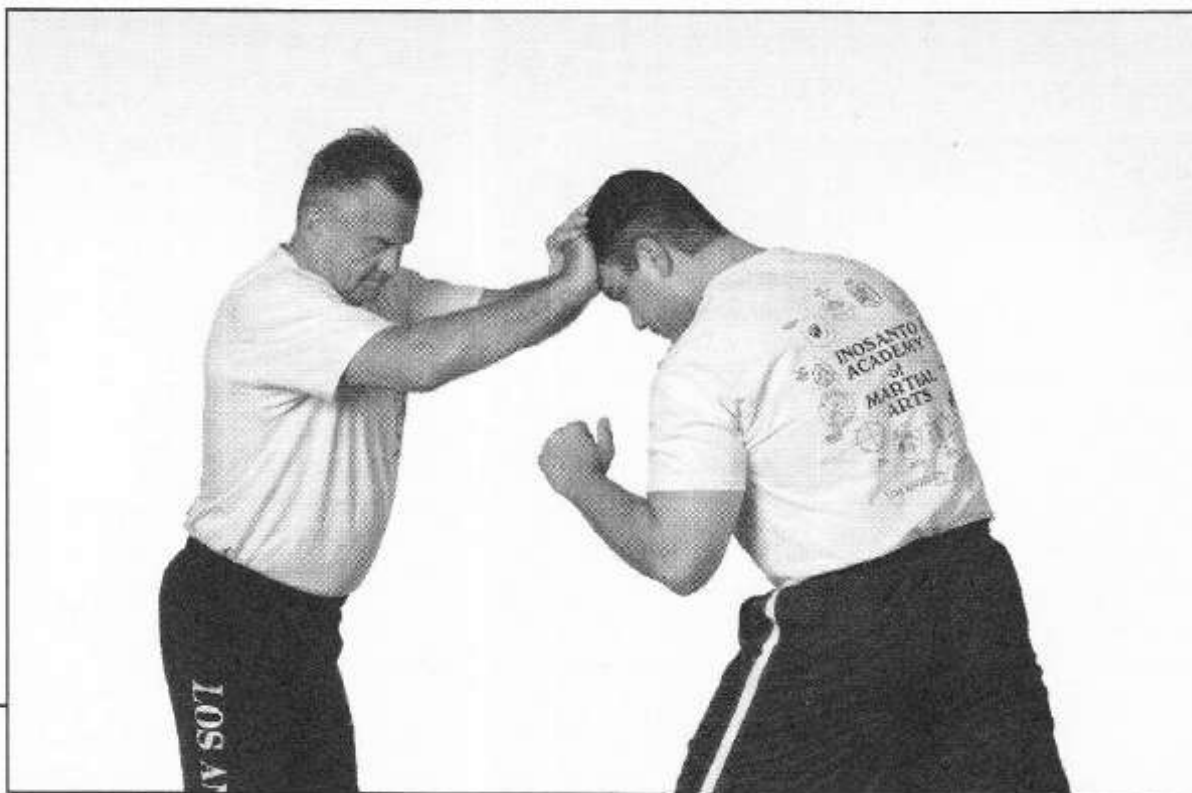
1. Student in a fighting stance, trainer has left hand on student's forehead and right hand on top of his left hand.



2. Trainer puts pressure on the head as the student pushes forward.

NECK CONDITIONING DRILLS

Neck Control with Resistance
Drill for 1-2 minutes

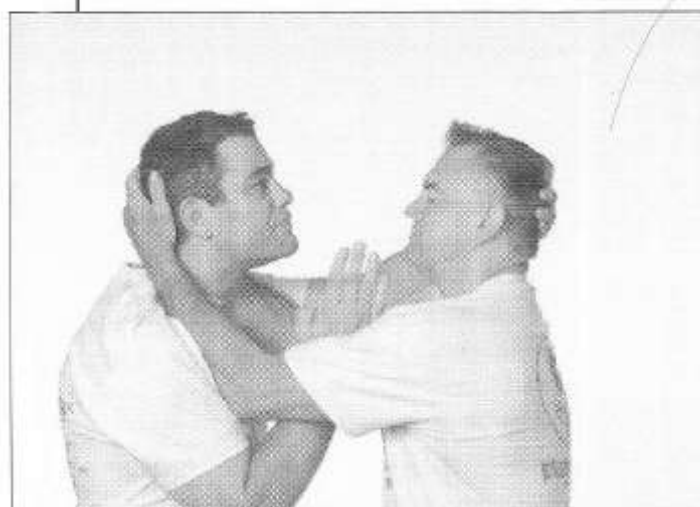


3. Continues to apply neck pressure as he circles in all directions.

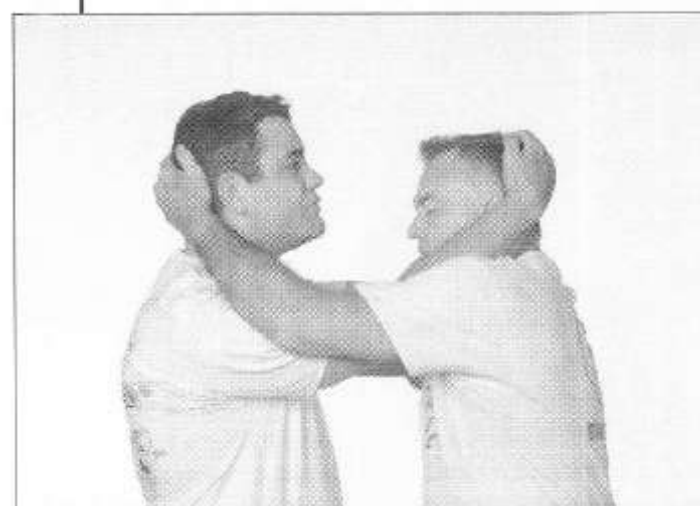
NECK CONDITIONING DRILLS



1. Grasp both hands around neck (don't interlock fingers), one person inside – one outside.



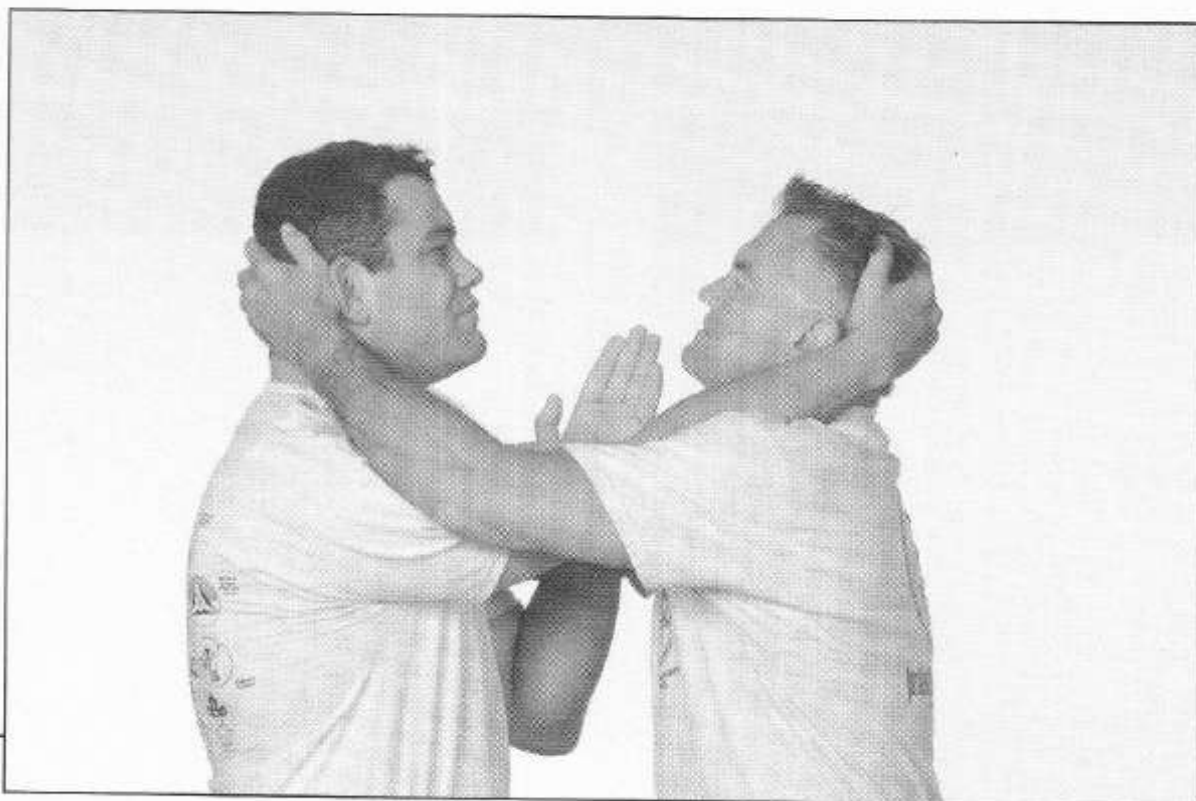
2. Each partner resists neck pressure. Outside man brings right arm inside.



3. ...ends up with right hand inside grasp.

NECK CONDITIONING DRILLS

(Neck Skill Exercises)
Plumb Exercise

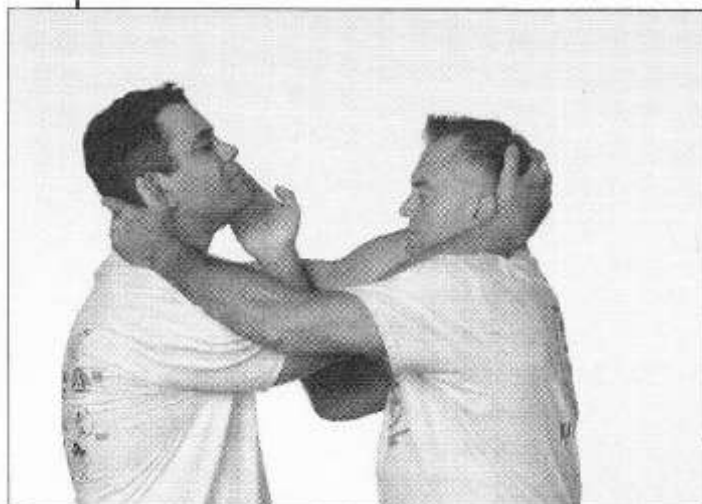


4. Immediately he brings his left hand inside (both partners try to keep elbows slightly in to make it harder to slip inside).

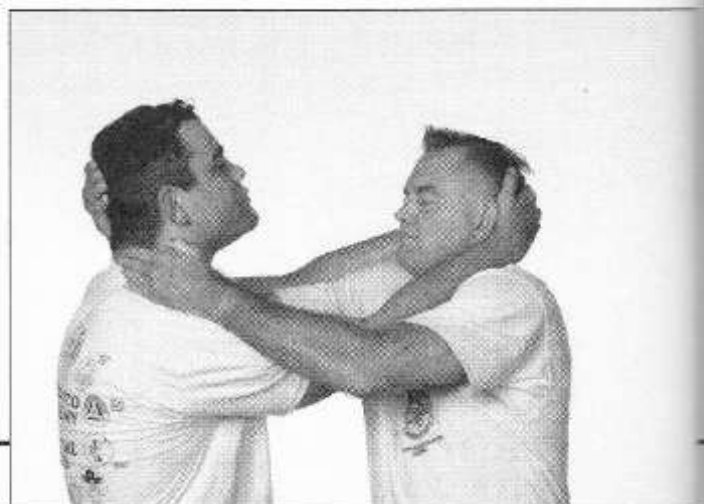
NECK CONDITIONING DRILLS



5. And ends up with both hands on the inside of his partner.

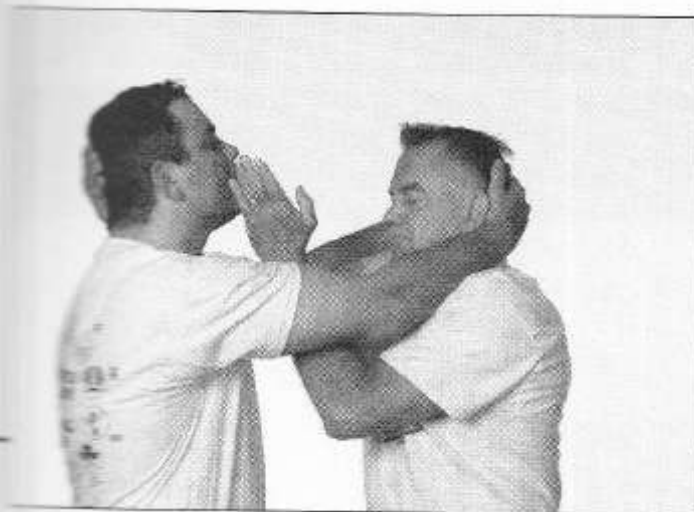


6. Now the outside man slips his right hand to the inside...

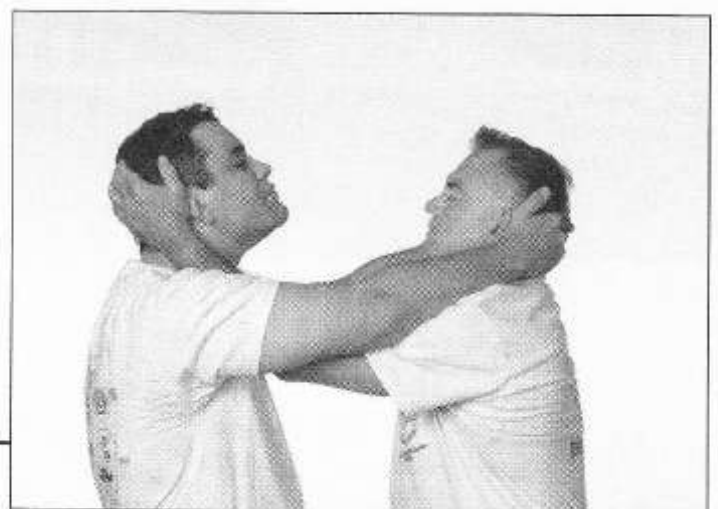


7. Grasping the neck on the inside...

NECK CONDITIONING DRILLS



8. And takes his left hand to the inside...



9. Ending up with both hands on the inside again. Continue cycle until skill increases.

NECK CONDITIONING DRILLS



1. Partner on the right grabs other partner's neck with right hand. The other partner checks attackers rear hand by placing right hand.



2. Defender parries inside right arm.

NECK CONDITIONING DRILLS

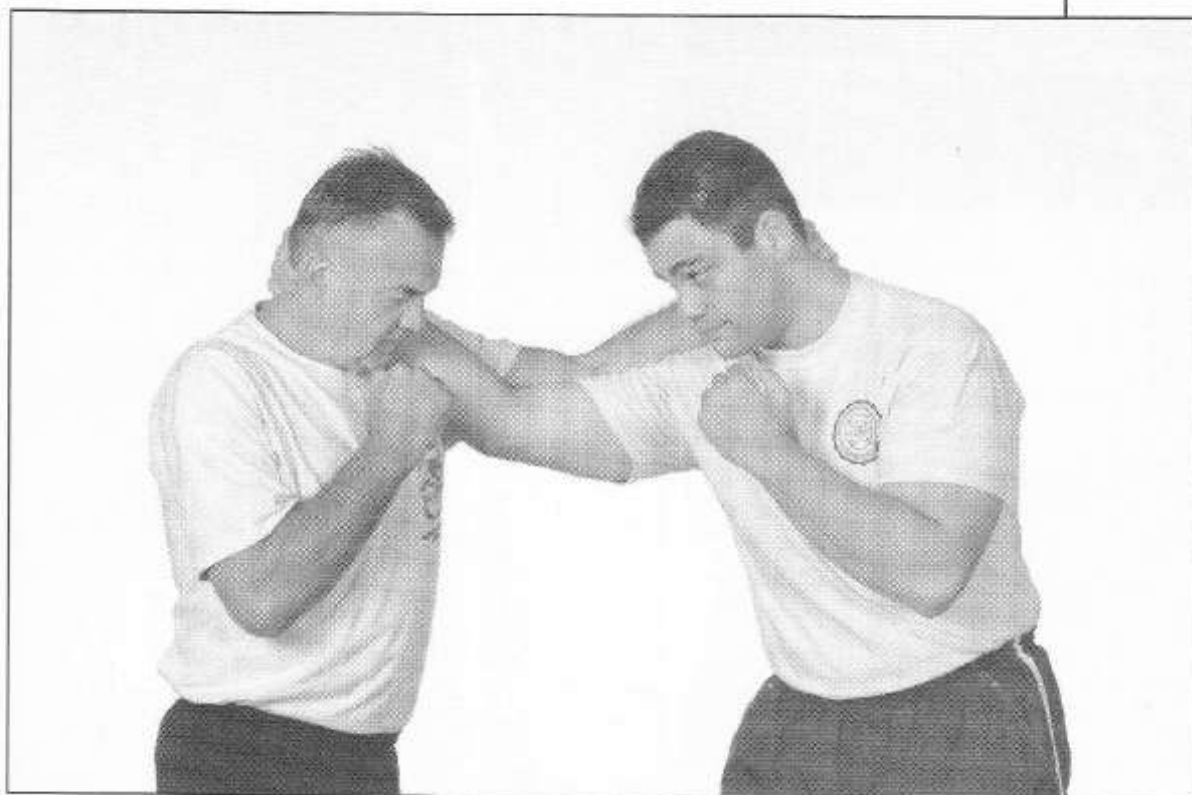
Inside Parry Neck Grab



and inserts left hand behind opponent's neck on the inside.



4. Oponent now parries inside defenders arm.

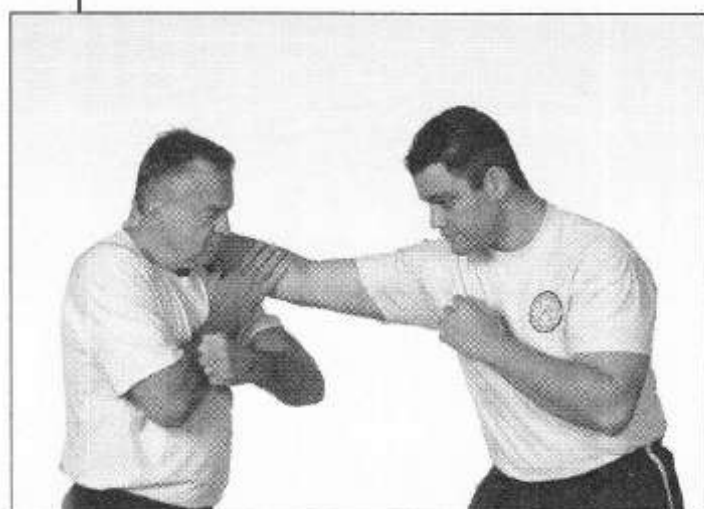


5 ...ending up on the inside neck trap again. Repeat cycle back and forth.

NECK CONDITIONING DRILLS



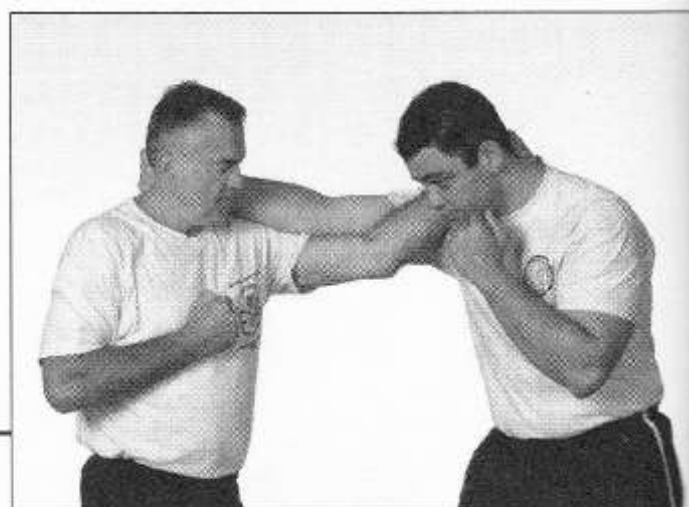
1. Opponent grabs behind defenders neck.



2. Defender inside parries opponent's arm with left hand.



3. Almost simultaneously strikes inside opponent's arm with backfist (bicep/forearm/shoulder).



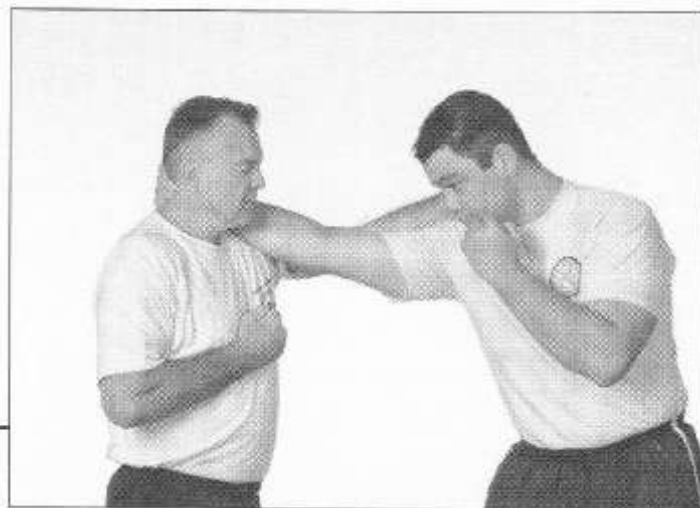
4. Defender grabs/traps the opponent's neck on the inside position.

NECK CONDITIONING DRILLS

Parry/Backfist/Grab Neck

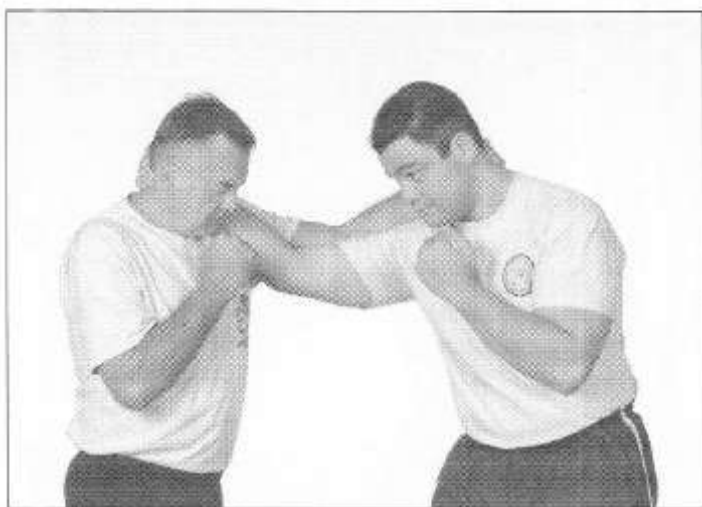


5. Opponent disengages his right hand and repeats the backfist on defender...

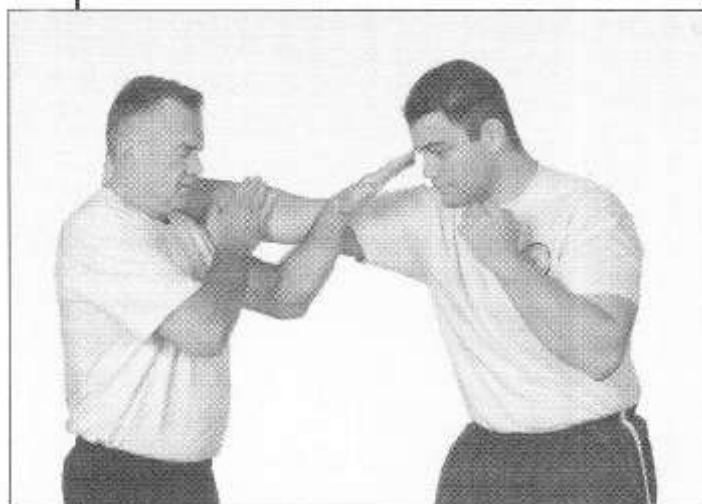


6. Ending up on the inside neck trap position. Repeat cycle.

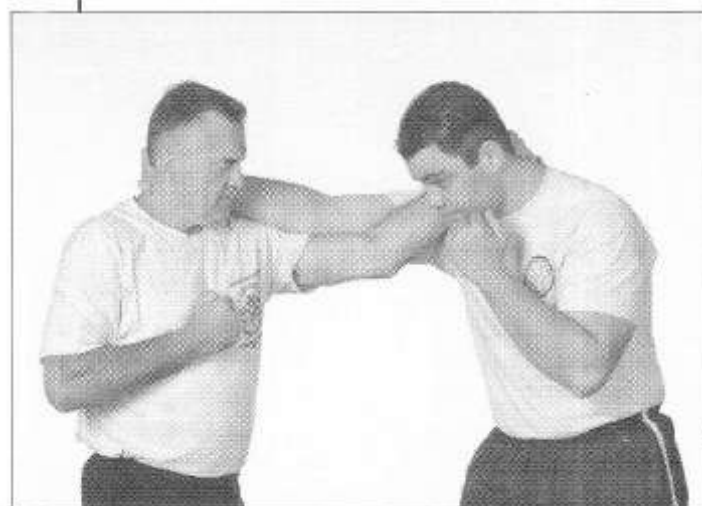
NECK CONDITIONING DRILLS



1. Both defender and opponent trap neck with lead hands. One inside, one outside.



2. Defender parries inside opponent's arm while simultaneously striking eyes or throat with finger jab.



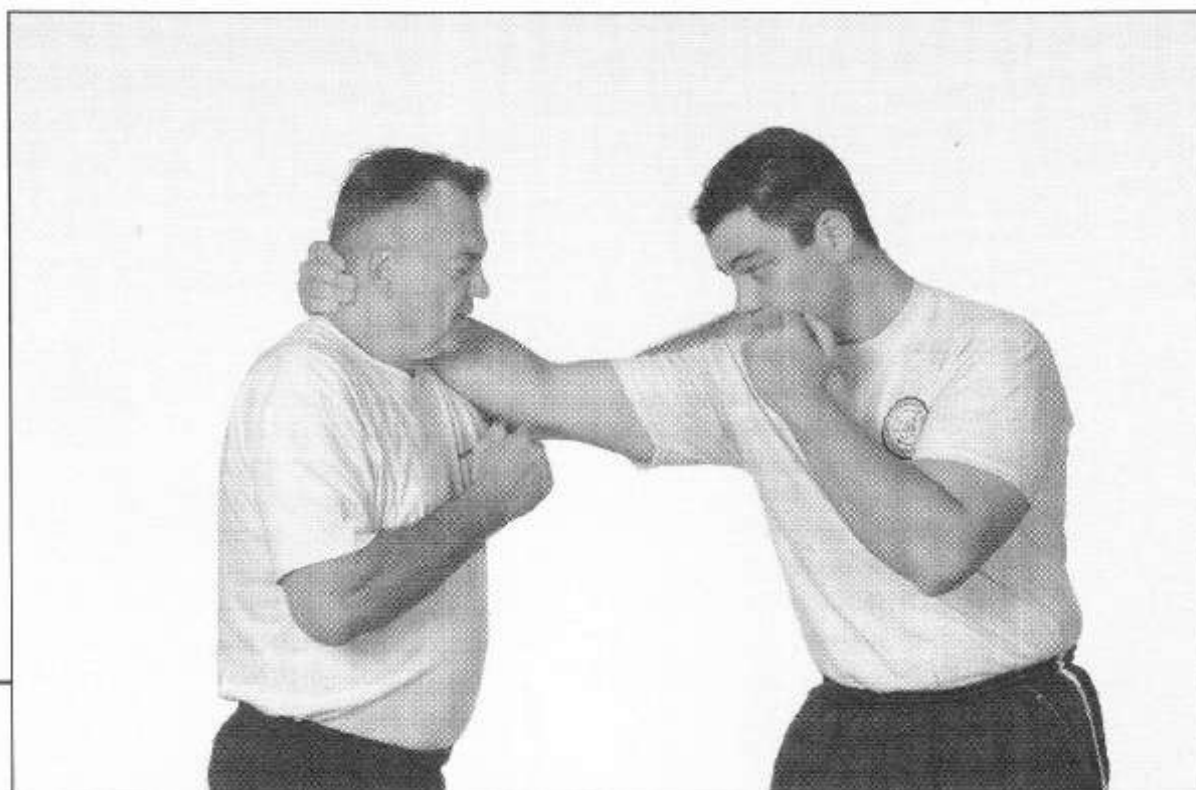
3. Defender ends up grabbing the opponent's neck on the inside.



4. Opponent repeats parry and finger jab cycle.

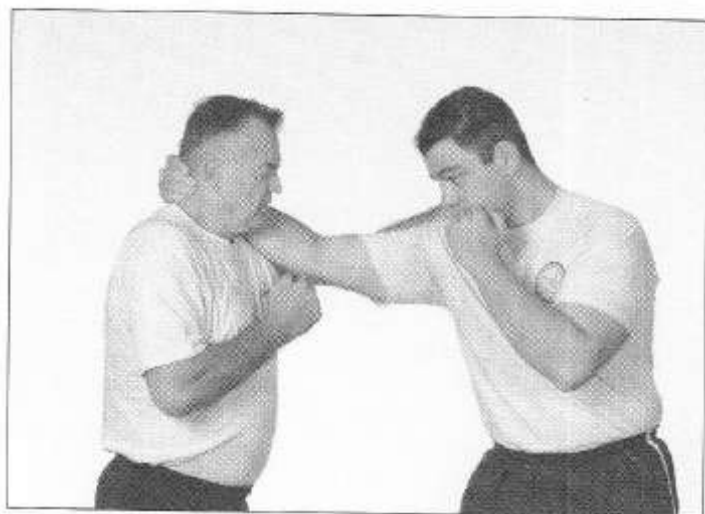
NECK CONDITIONING DRILLS

Thrust Drill



5 ...ending back in the inside neck grab once again. Repeat cycle.

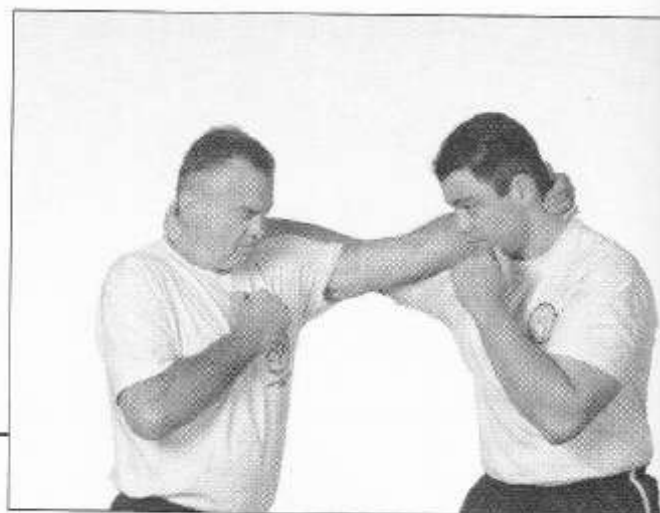
NECK CONDITIONING DRILLS



1. Opponent has arm wrapped around defenders neck on the inside, defender has a grab on the outside.



2. Defender unwraps the arm slipping on the inside, hitting a vertical elbow to opponent's shoulder.



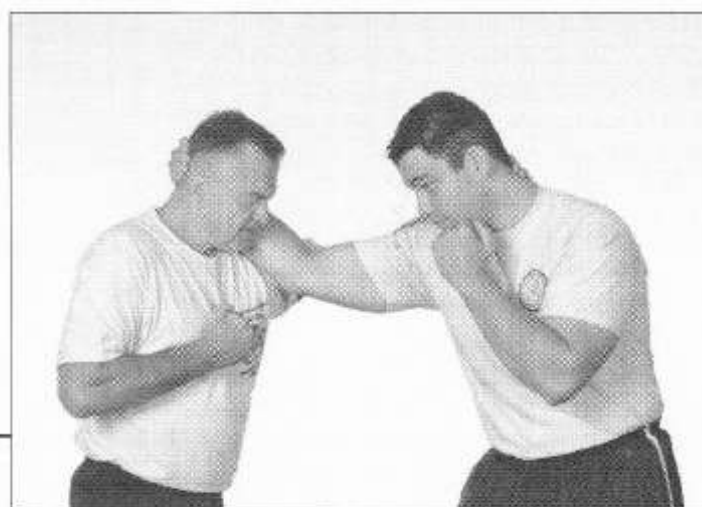
3. Defender ends up on the inside with a neck grab on the opponent.

NECK CONDITIONING DRILLS

Vertical Elbow/Grab Neck



4. Opponent slips on the inside hitting vertical elbow to defenders elbow.



5. ...and is back in control with an inside neck trap. Repeat the cycle.

NECK CONDITIONING DRILLS



1. Both partners grab each others neck with lead hands.



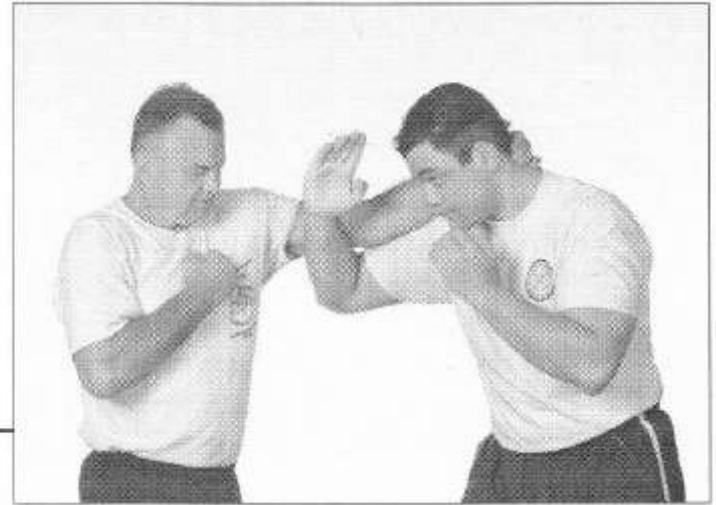
2. Partner on the left disengages hand, hitting horizontal elbow to partners bicep.

NECK CONDITIONING DRILLS

Horizontal Elbow/Grab Neck



and quickly grabs the partners neck on the inside.

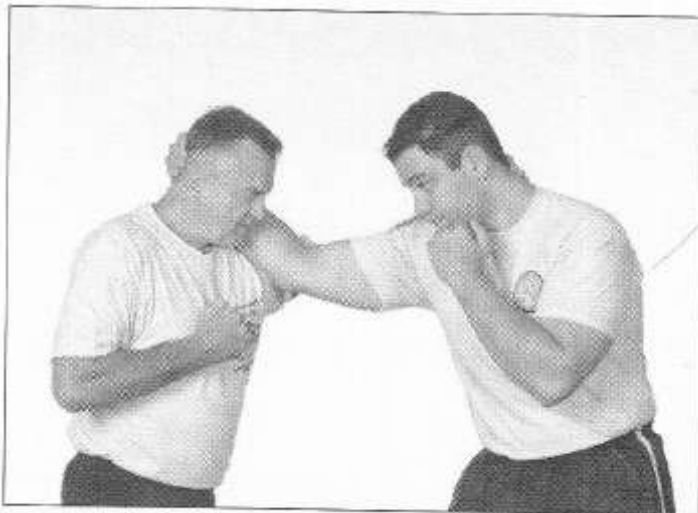


4. Partner on the right repeats the elbow hit.

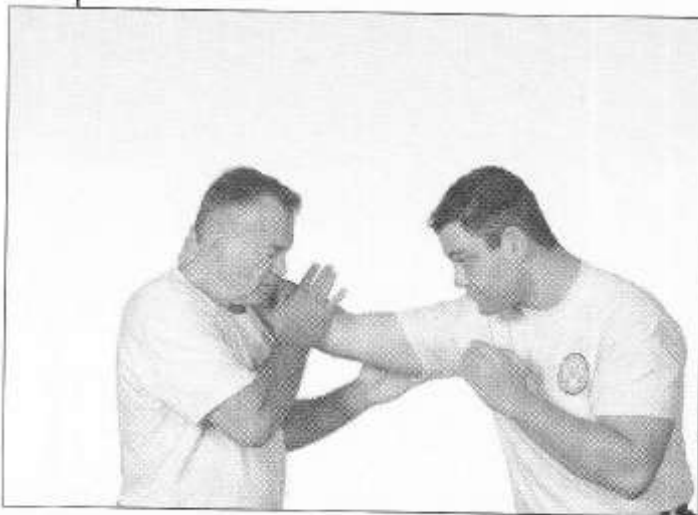


5 And ends up on the inside neck grab, simultaneously checking the partners rear hand, maintaining complete control and avoiding being grabbed with both arms. Repeat cycle.

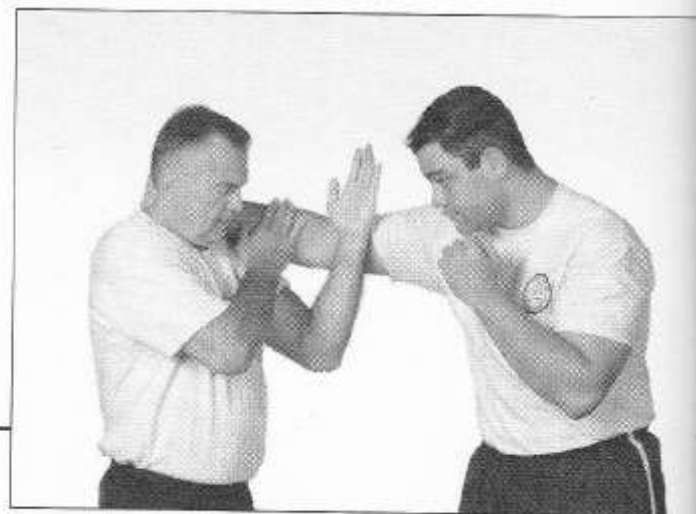
NECK CONDITIONING DRILLS



1. Start position, the defender has outside grab on the opponent, who has inside control.



2. Defender inside parries with rear hand whilst releasing the grab hand.



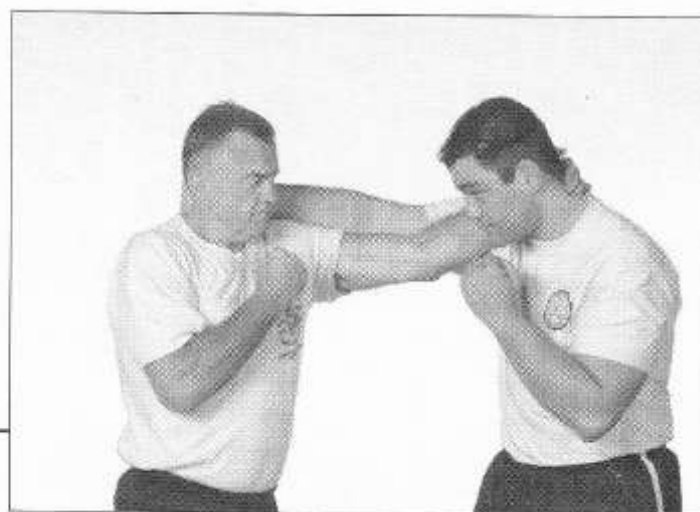
3. ...and follows up with outside parry with left hand.

NECK CONDITIONING DRILLS

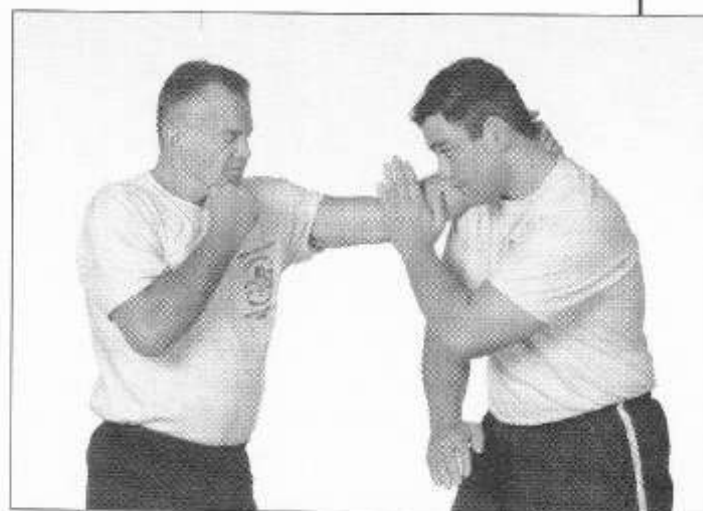
Inside/Outside Parry/Palm Hit



4. ...strikes with a right palm to the opponent's face (chin/head).

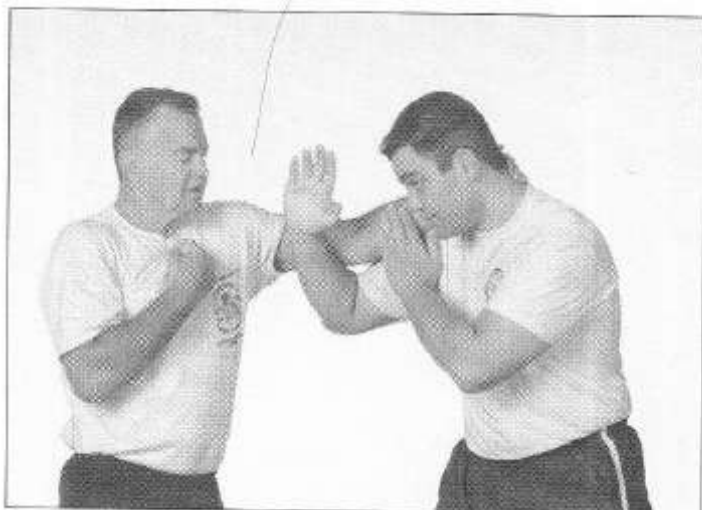


5. Now the defender is on the inside neck grab position.

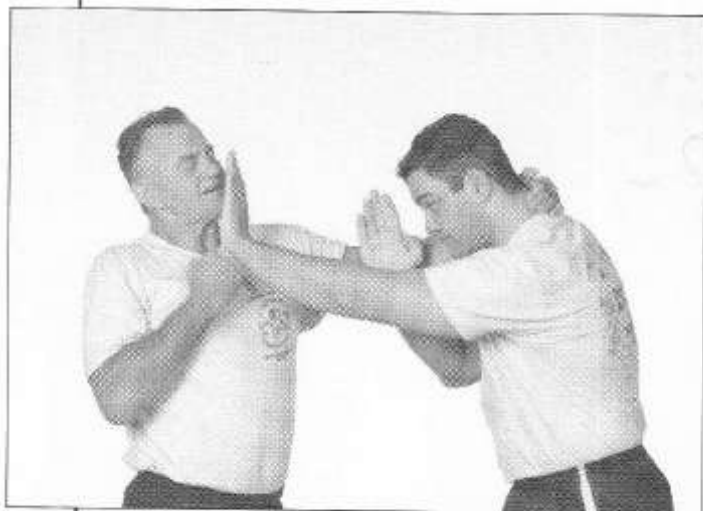


6. Opponent inside parries the defenders arm with his rear hand.

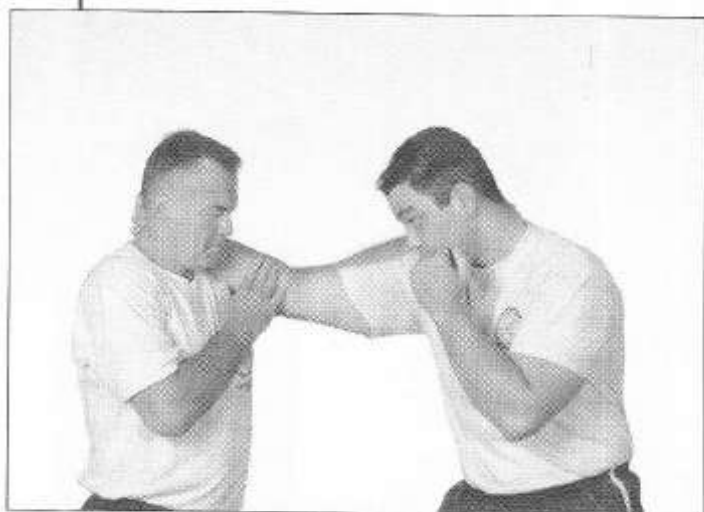
NECK CONDITIONING DRILLS



7. Simultaneously following up with a lead hand outside parry to the inside.



8. Countering with a rear hand palm hit to the face.

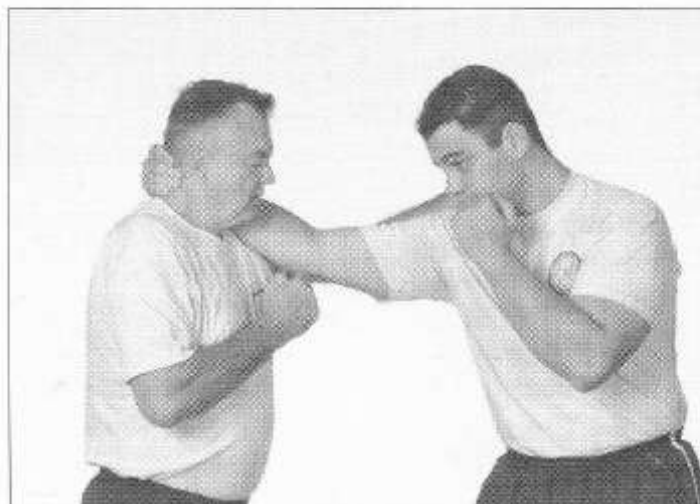


9. ...and grabs neck from the inside. Repeat cycle to develop perfect technique and flow.

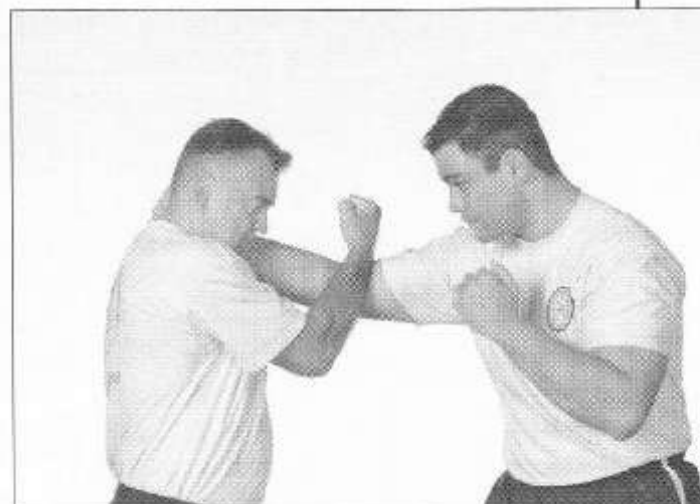
NECK CONDITIONING DRILLS

Inside Forearm Hit

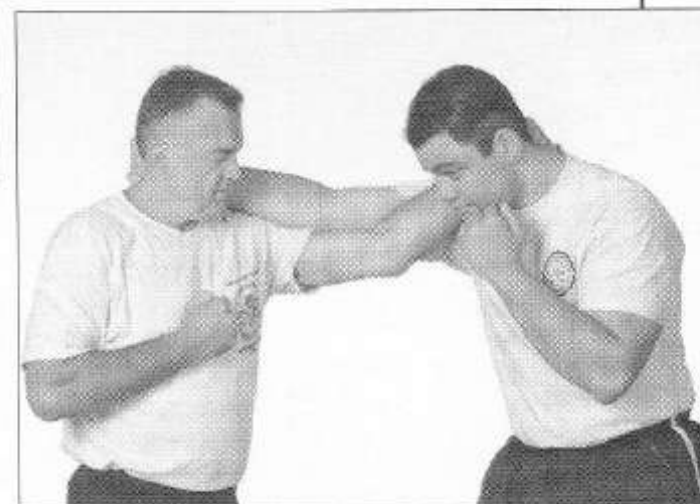
1. This drill is an alternative, by using a forearm hit to soften up and get on the inside trap.

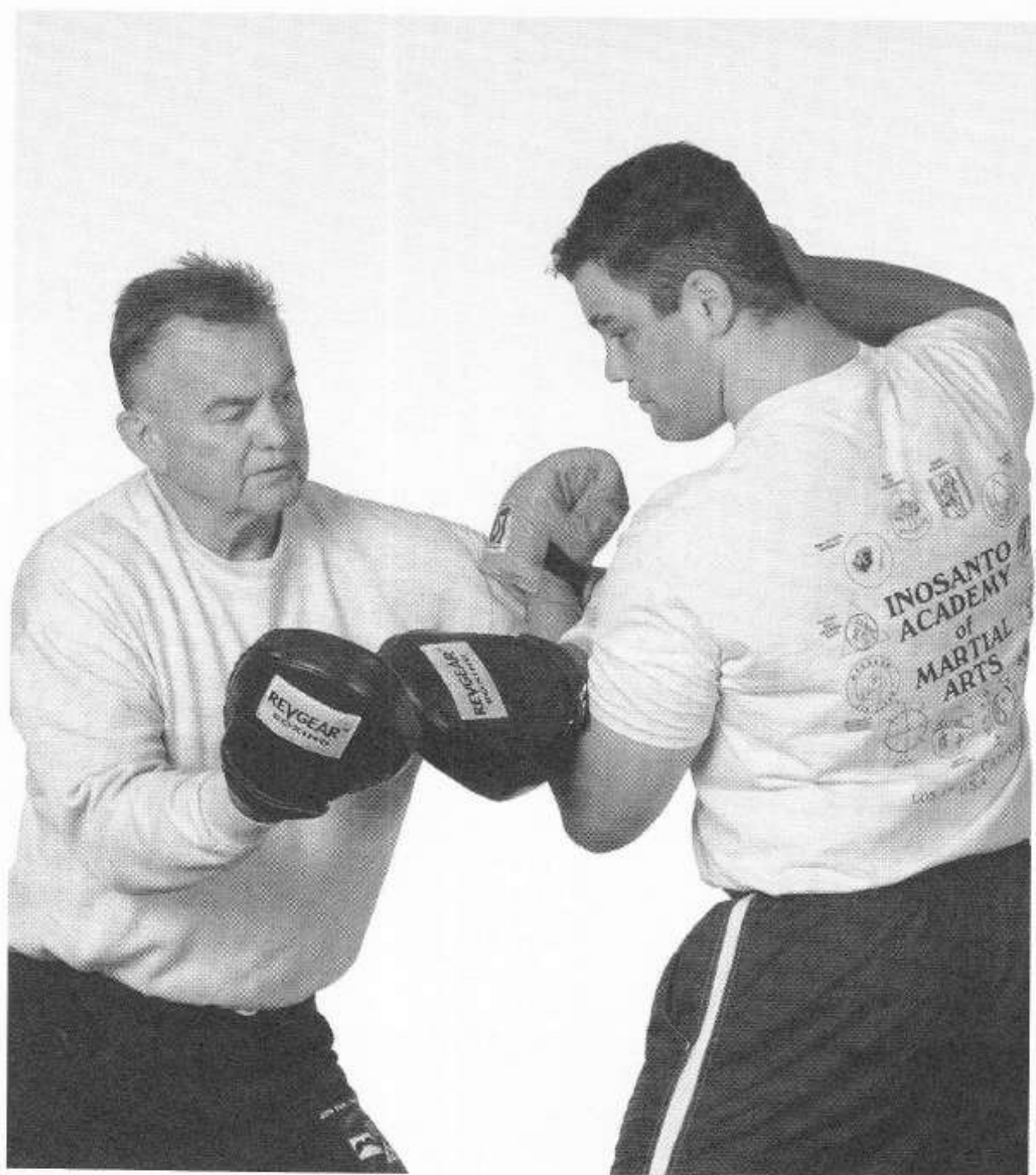


2. From the above start position, hit a forearm hit to opponents below bicep area, then release your neck grab.



3. ...and slip your left hand on the inside, grabbing opponent's neck from inside.





Other than actually sparring or fighting an opponent, I consider focus gloves to be the single best training tool available to any fighter. Focus glove drills develop conditioning, timing and accuracy. I could write a whole book just on this topic alone. I have made several videos on this subject.

In order to obtain maximum benefit from focus glove drills, it is absolutely necessary to have a good training partner. Holding the gloves properly and "feeding" the various techniques to the trainee are a skill which must be mastered. What many people fail to consider is that both people are receiving a training benefit. The person striking the gloves is learning proper footwork, distance, focus and technique. The person holding the gloves is also developing his footwork, learning a sense of distance and range, and how to "read" his opponent as various techniques are thrown against him. It is critical that the trainer learn to hold the gloves properly.

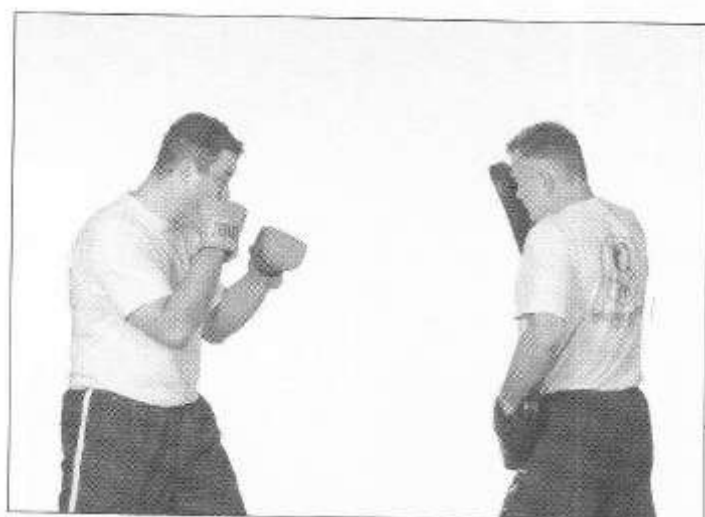
At beginning levels, single techniques will be thrown against a stationary trainer. Initially, execute these single techniques in sets of ten repetitions each. From the ready position the trainee can practise the jab and the hook. When the trainee has mastered the single techniques, he should then begin practicing combinations. There are innumerable possible combinations.

It would be impractical to list all the possible combinations. They are only limited by the imagination of the trainers. If the trainee is dropping his guard or exposing an opening while executing a technique, the trainer can throw a light counter to the vulnerable area. This helps the trainee to learn proper execution and defense of the techniques and at the same time teaches the trainer to recognize and exploit openings in an opponent's defense.

Once these basics have been mastered against a stationary target, it is time to start practicing against a moving target. The trainer and trainee move around as if they are sparring. The trainer then feeds a technique or combination of his choice and the trainee responds as he would if they were actually sparring. Focus gloves can also be used in training for close combat positions such as when the opponent grabs the neck, and against a grappling attack ie a tackle, which are all demonstrated in the following sequences. Focus gloves are probably one of the most important tools which can be implemented in any martial artist's conditioning program.

The drills presented here are to give the reader an appreciation of the versatility of the focus glove as a training tool. This treatment is not exhaustive by any means. My goal is to stimulate your imagination to come up with your own drills. There are many techniques I have not discussed. For example, head butts and elbow strikes can also be readily incorporated into your routine. It is up to you to experiment and find how this tool can be used to your maximum advantage.

To obtain maximum benefits and expedite your fitness level, I suggest you follow a routine suited to increasing stamina, endurance and overall fitness level. Begin with six one-minute rounds with a rest period of 30 seconds and work your way up to 12 rounds a session. This will pave the way for more rigorous focus glove rounds. As your condition improves you can increase your workload (volume and intensity). Do 12 rounds of two-minutes each or 12 one-minute 'high intensity' rounds with a shorter rest period of 30 seconds.



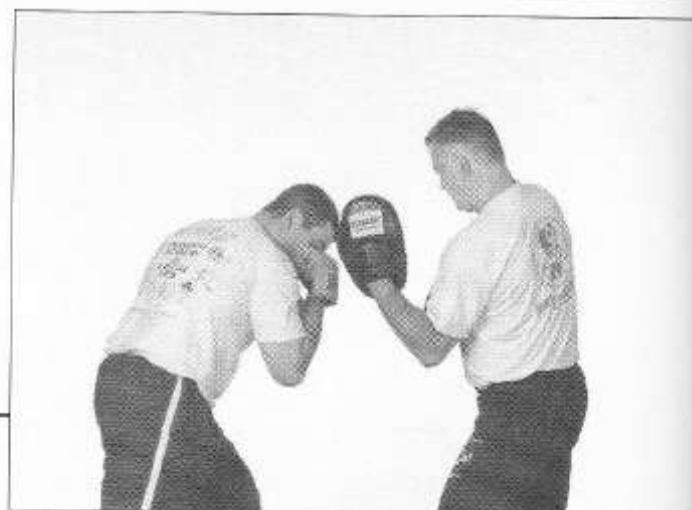
1. Trainer positions focus glove ready position.



2. Jabs.



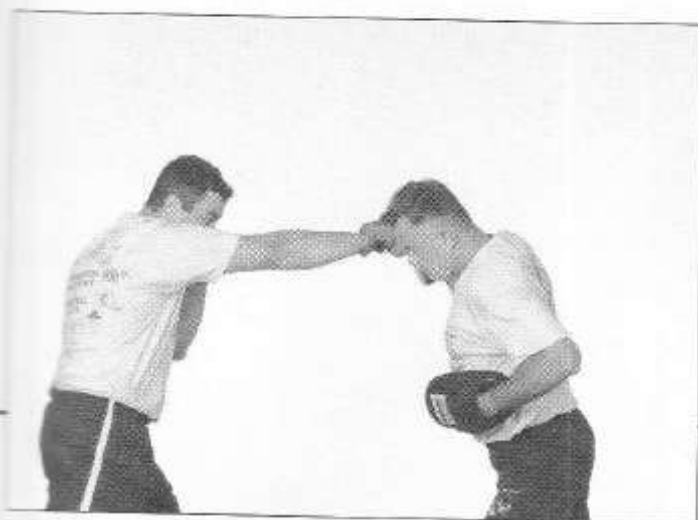
5. Uppercuts.



6. Torques.

FOCUS GLOVE DRILLS

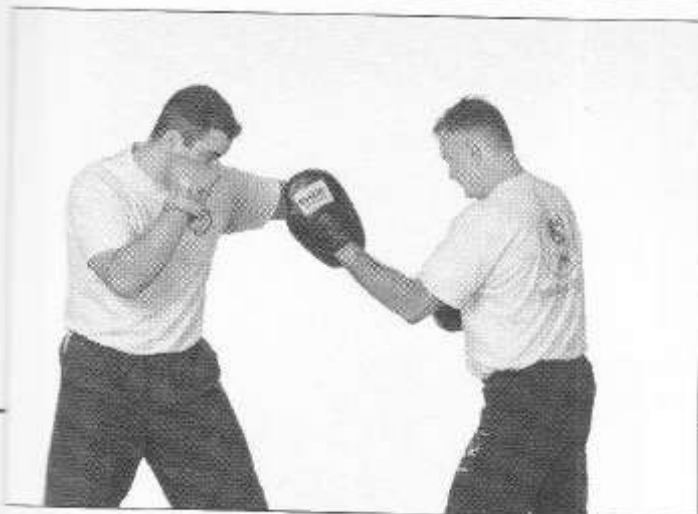
"6 Count Drill"



3. Crosses.



4. Hooks.



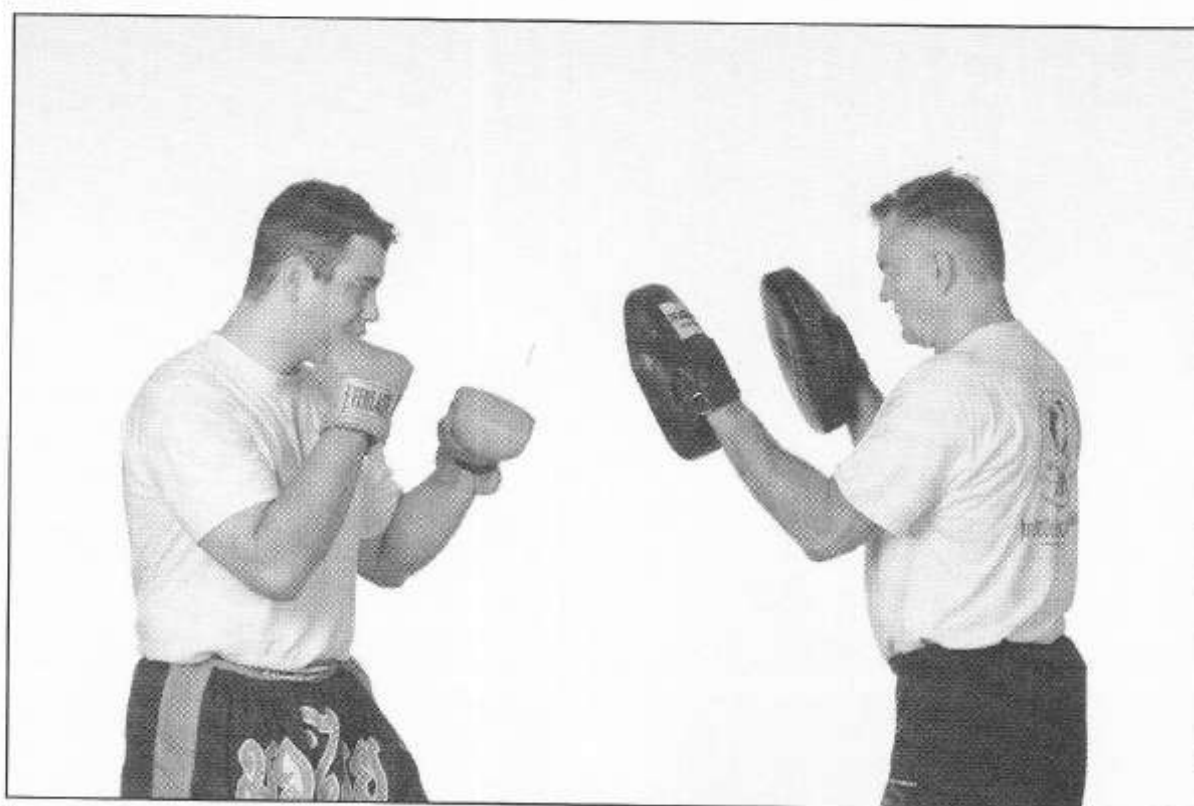
7. Hooks.



8. Uppercut finishes the combination.
Keep repeating sequence for one
minute rounds.

FOCUS GLOVE DRILLS

Ten-Ten-Ten Drill (endurance conditioning)

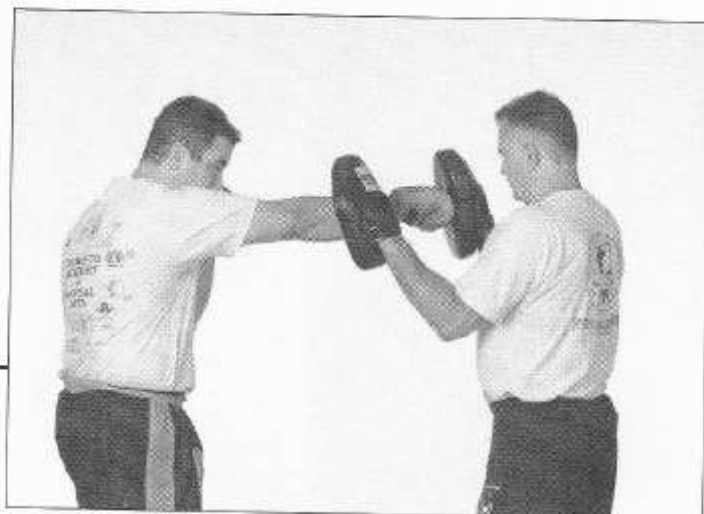


Trainer has both focus gloves in ready position for these drills.

FOCUS GLOVE DRILLS



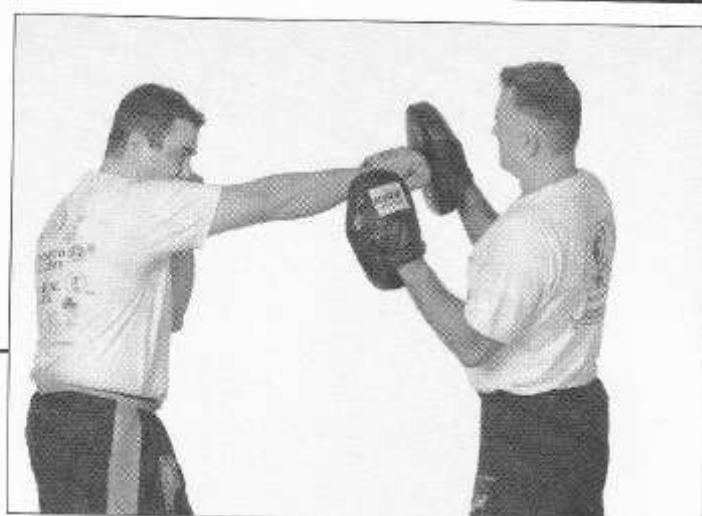
a1. Jab (total ten punches fast light with speed drill).



a2. Cross



b1. Jab (total ten punches hard in this drill).



b2. Cross.

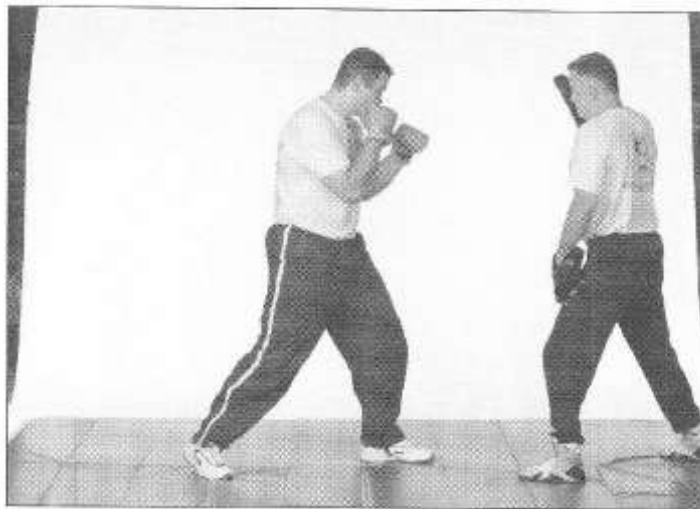


c1. Jab (total ten punches hard with resistance in this drill).

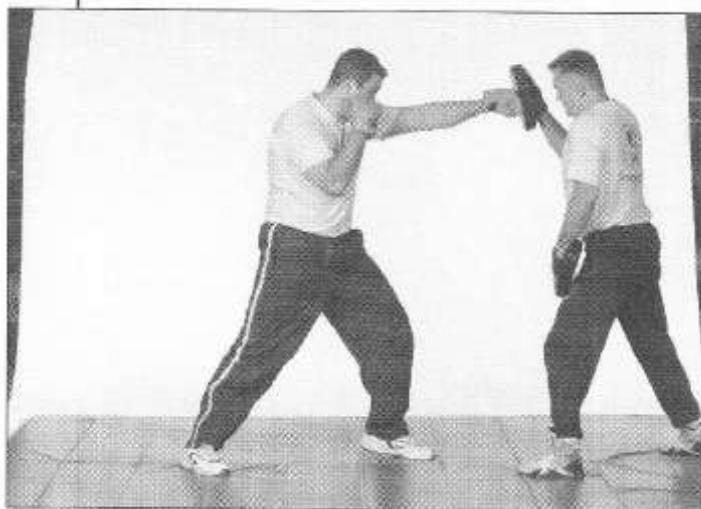


c2. Cross (notice the trainer adds resistance by hitting gloves just before impact).

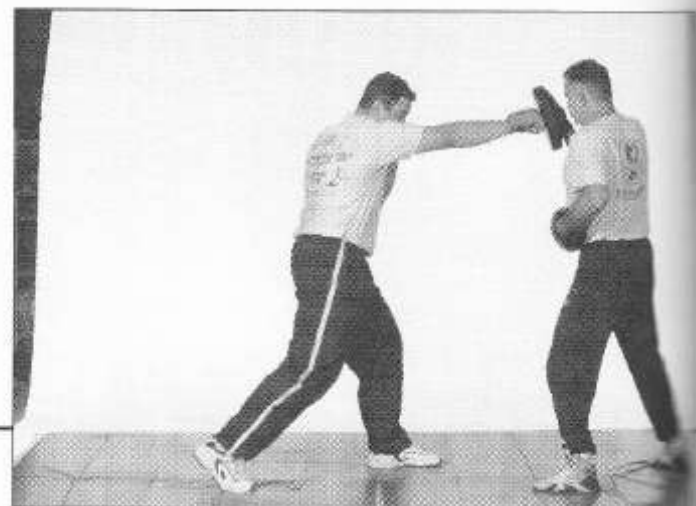
FOCUS GLOVE DRILLS



1. Ready position.



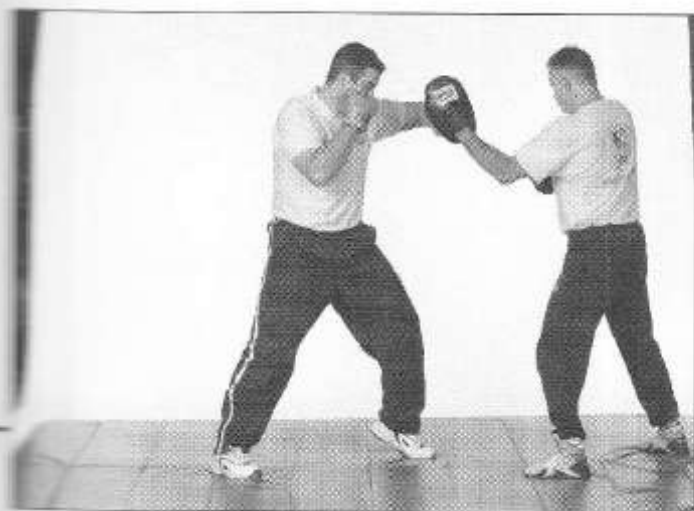
2. Student throws a jab.



3. Following up with a rear cross.

FOCUS GLOVE DRILLS

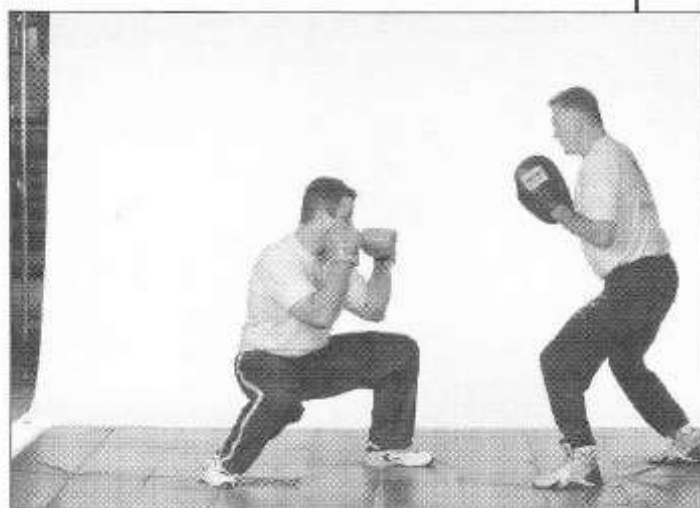
Combination/Sprawl/Combination



4. A right hook.

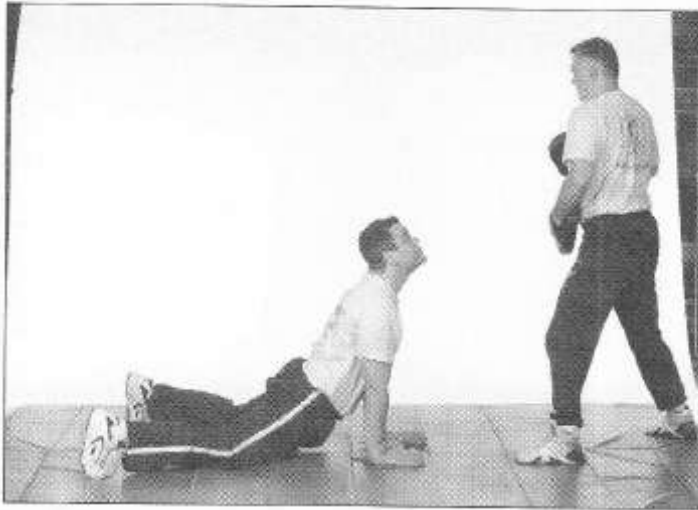


5. Trainer simulates tackle as student throws right hook.

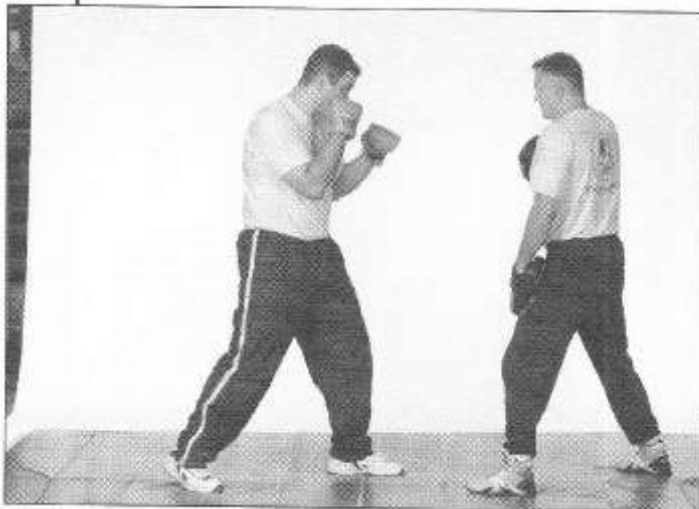


6. Student goes down...

FOCUS GLOVE DRILLS



7. ...into a sprawl position as trainer gets up to ready position.



8. Student returns to upright position...



9. Jabs

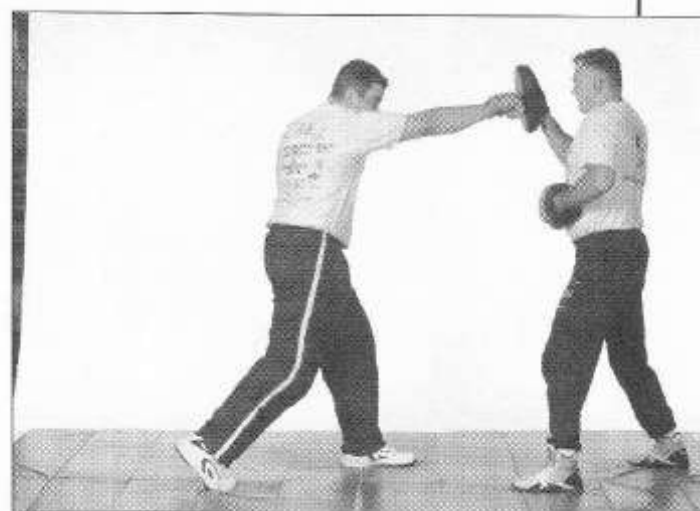
FOCUS GLOVE DRILLS



10. Rear uppercut...



11. Left tight hook...



12. Finishes with a hard rear cross. Trainer would repeat tackle and drill.

FOCUS GLOVE DRILLS

Five Kick Drill



1. Ready position.



2. Left jab...



5. Trainer quickly holds at knee level, student kicks again.



6. Trainer quickly holds at thigh level, student kicks again.

FOCUS GLOVE DRILLS



3. Trainer holds glove to inside ankle.



4. Student kicks ankle with lead round kick.

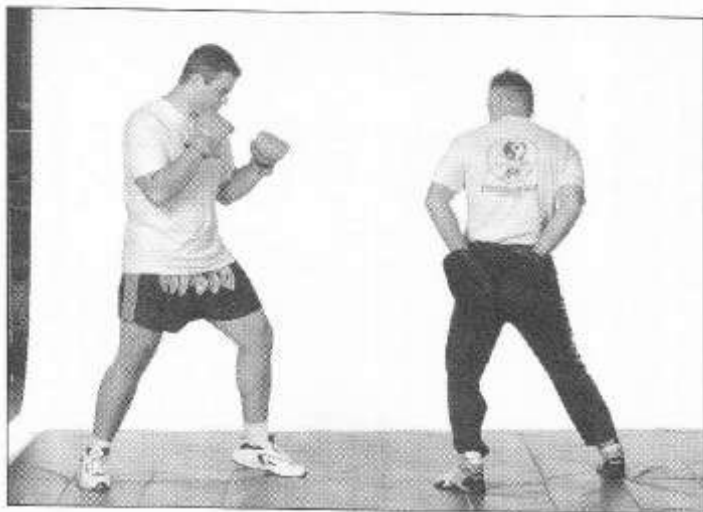


7. Trainer changes glove positions, facing palms downwards.



8. ...for a straight kick to the groin.

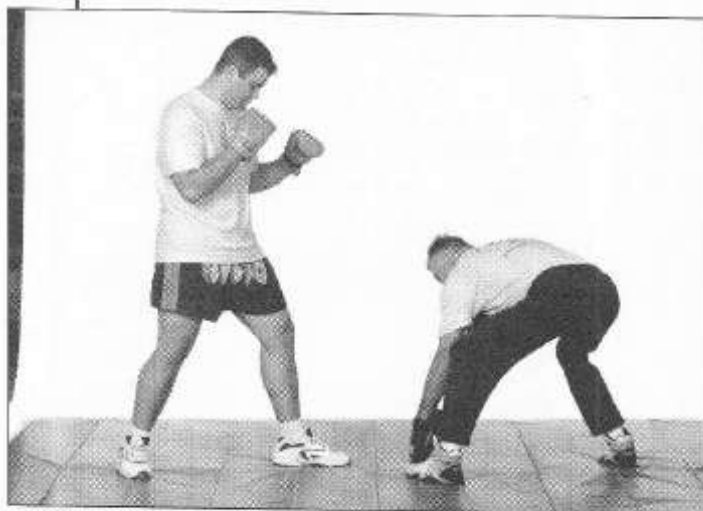
FOCUS GLOVE DRILLS



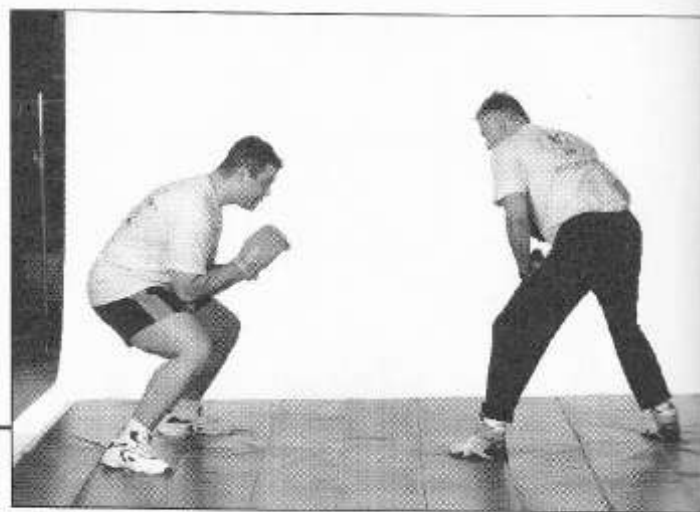
9. Trainer holds both gloves behind buttocks.



10. Student hits a rear round kick.

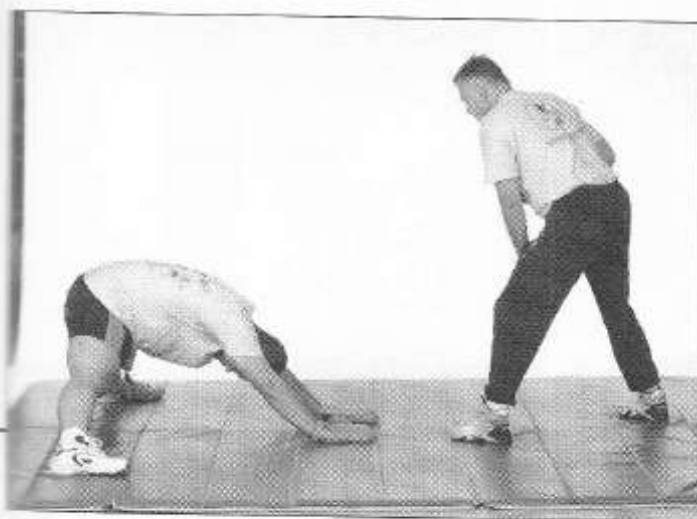


11. Trainer points to the mat or goes in a tackle position.

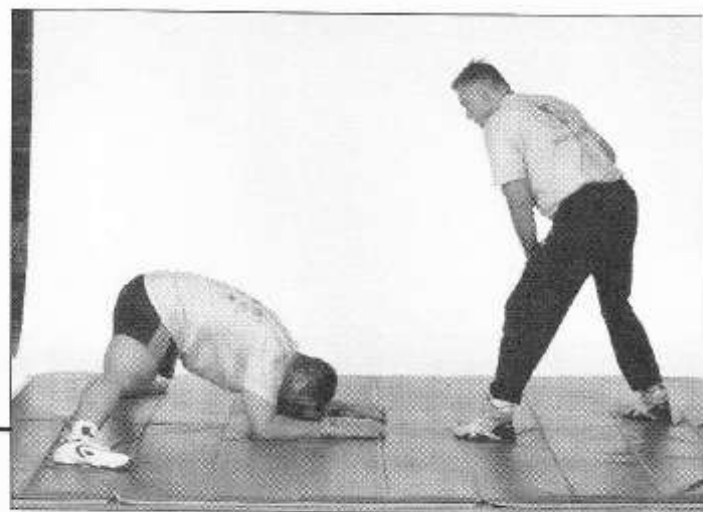


12. Student goes into a squat position.

FOCUS GLOVE DRILLS

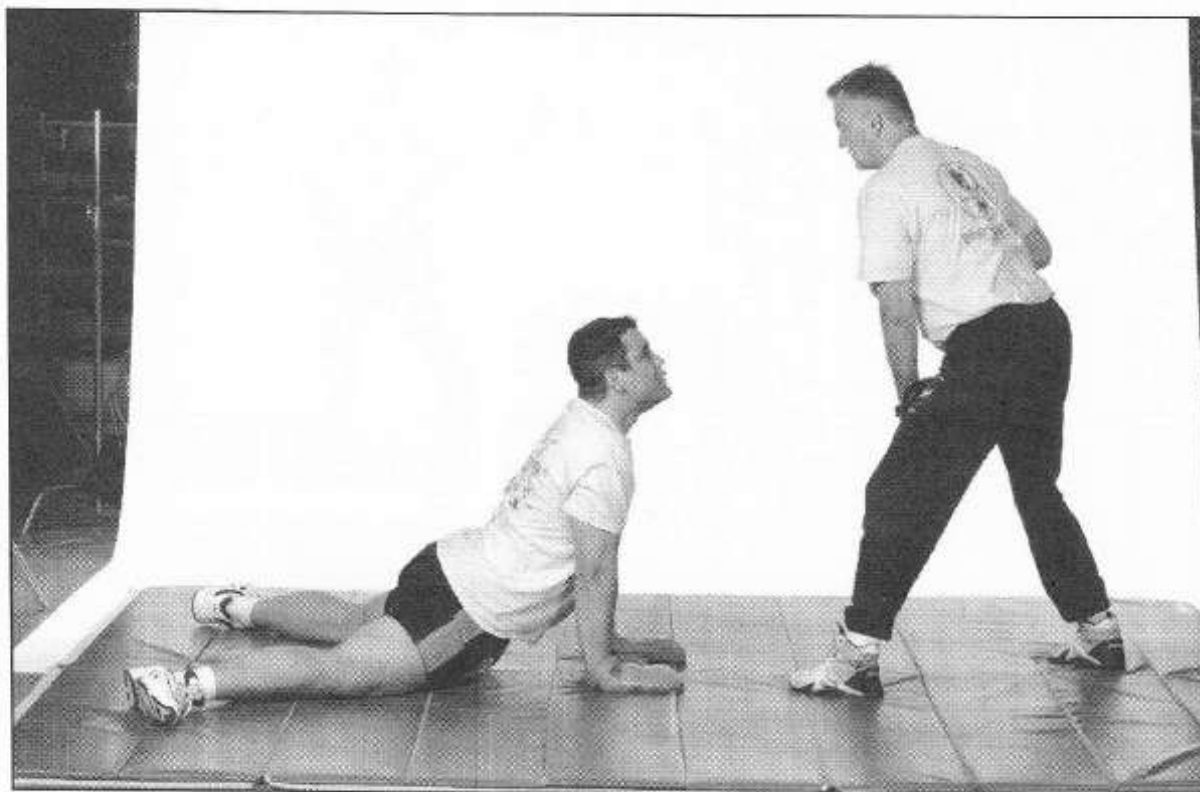


13. ...and splits his legs.



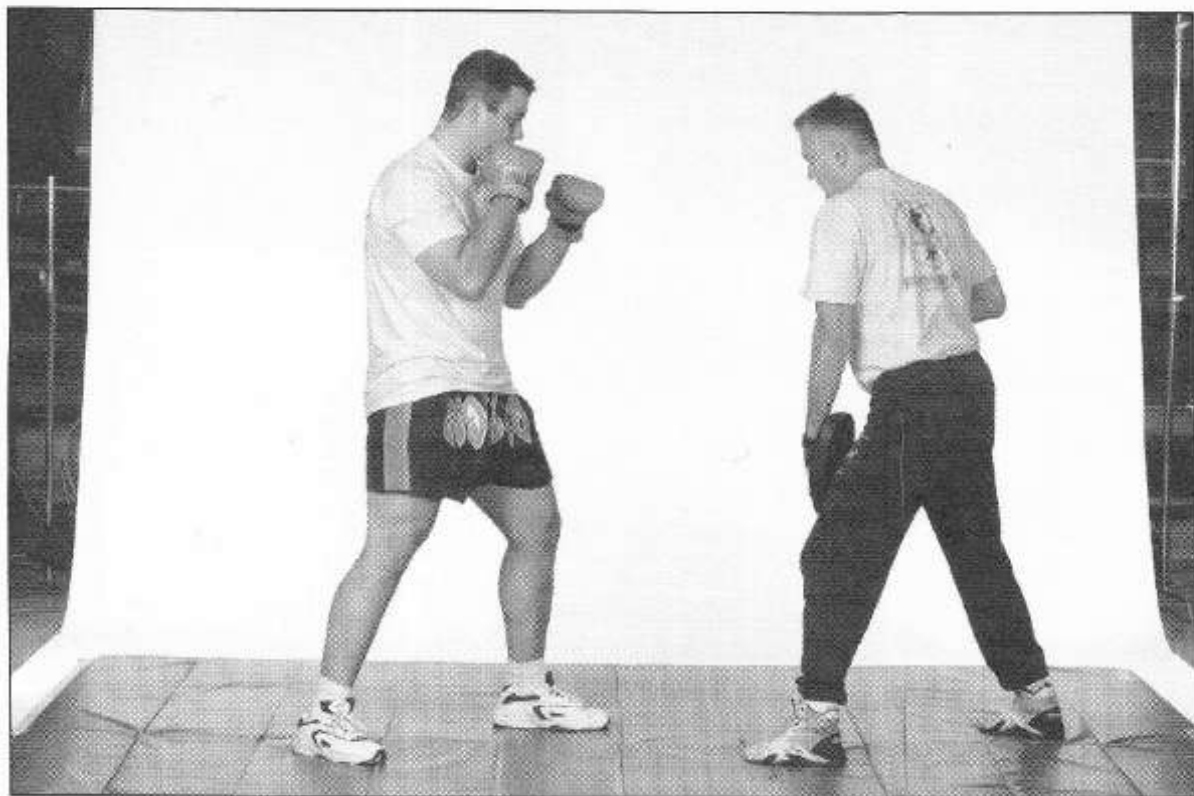
14. Trainer calls out repetitions.

FOCUS GLOVE DRILLS



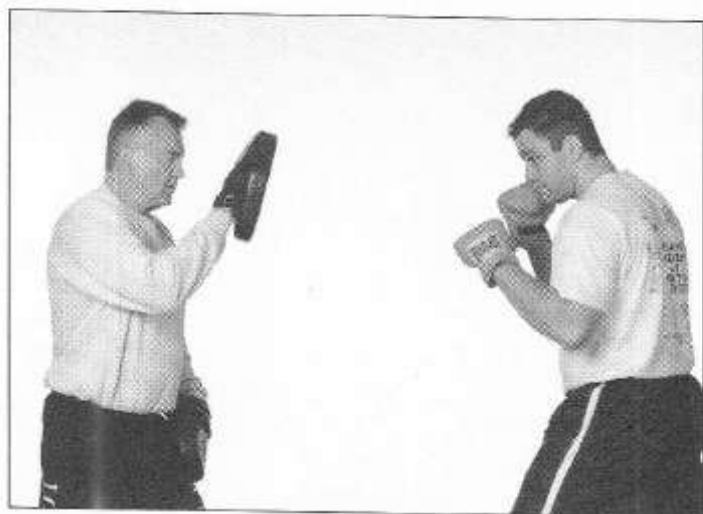
15. Student finishes repetitions and gets ready to get back up.

FOCUS GLOVE DRILLS



16. ...to start position and continues drill or waits for trainer's instructions.

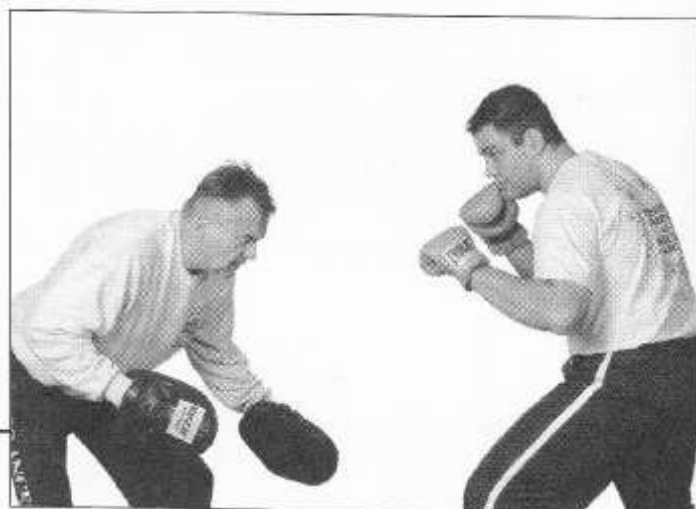
FOCUS GLOVE DRILLS



1. Start position.



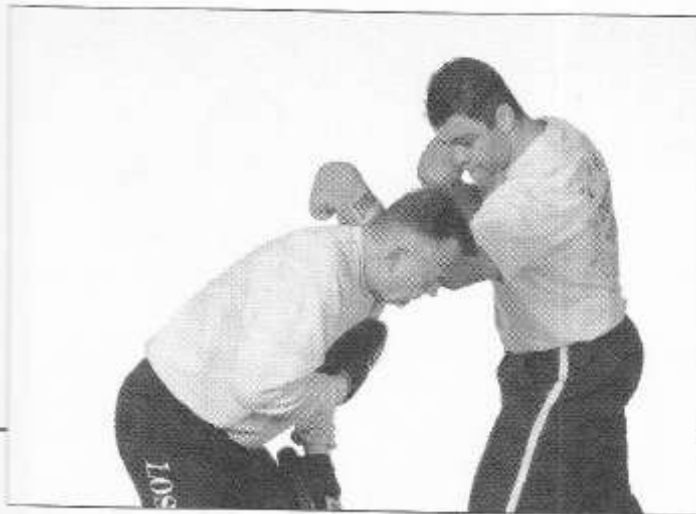
2. Left jab...



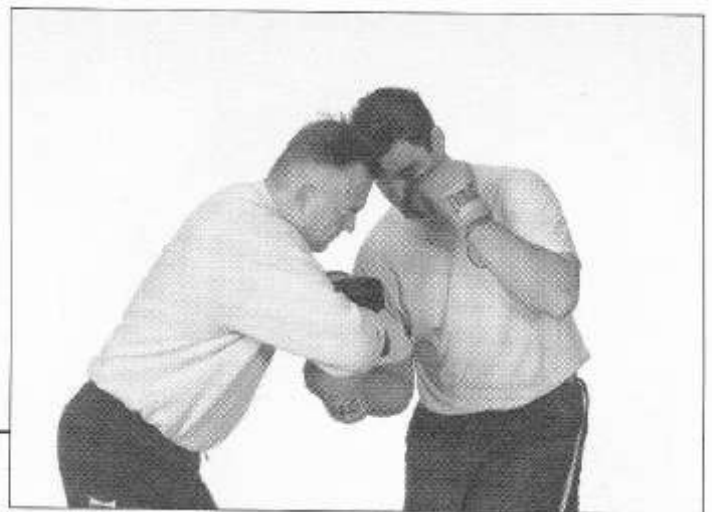
3. Trainer moves into a tackle position.

FOCUS GLOVE DRILLS

Tackle/Circle/Uppercut-Hook



4. Student circles to the right, simultaneously pushing on trainer's shoulder with forearm.



5. Student follows up with right inside uppercut to glove.



6. ...and close range left hook.

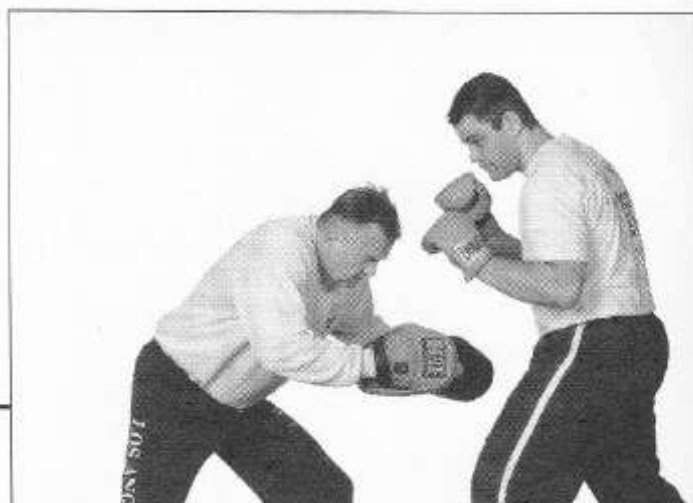
FOCUS GLOVE DRILLS



1. Ready position.



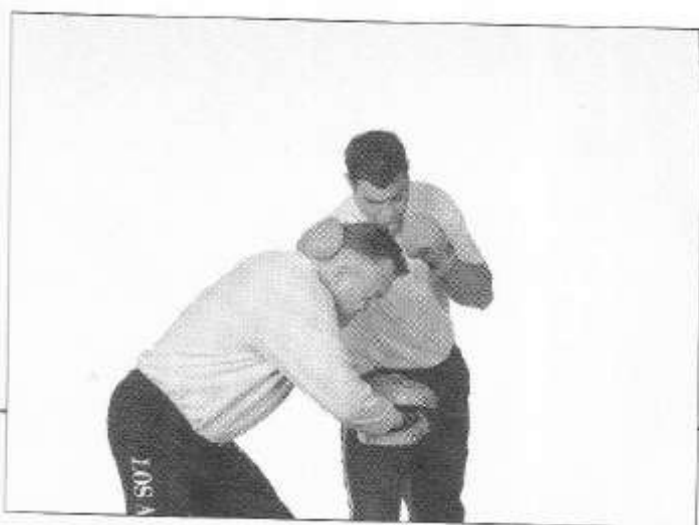
2. Left jab...



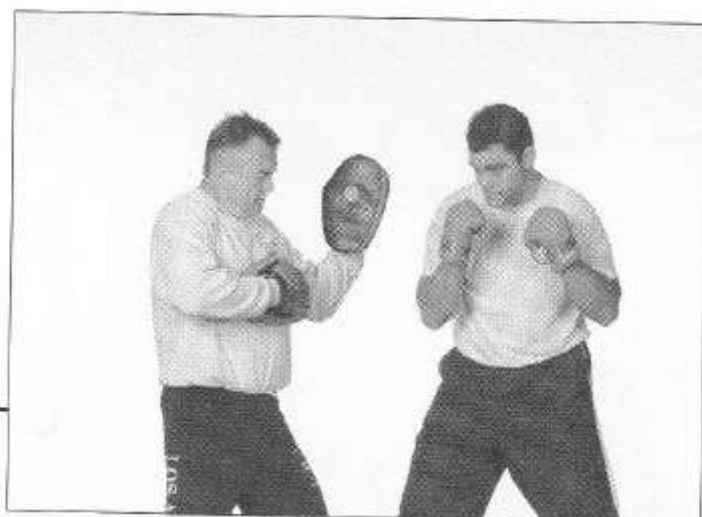
3. Trainer tackles student by bending, trying to grab student's hips.

FOCUS GLOVE DRILLS

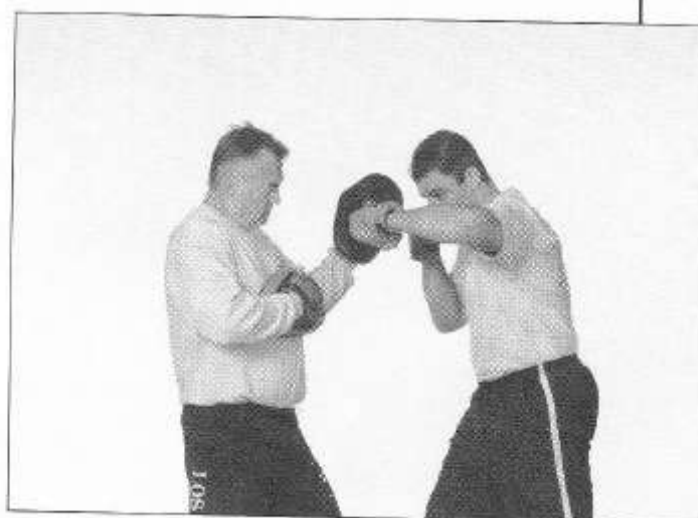
Tackle/Inside Forearm Push/Circle/Hook



4. Student sidesteps to the right, simultaneously pushing down on trainer's head.



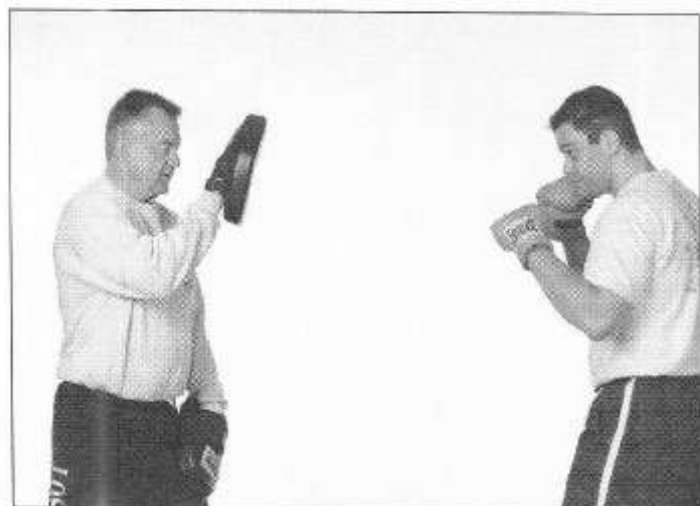
5. Trainer positions focus glove for a hook.



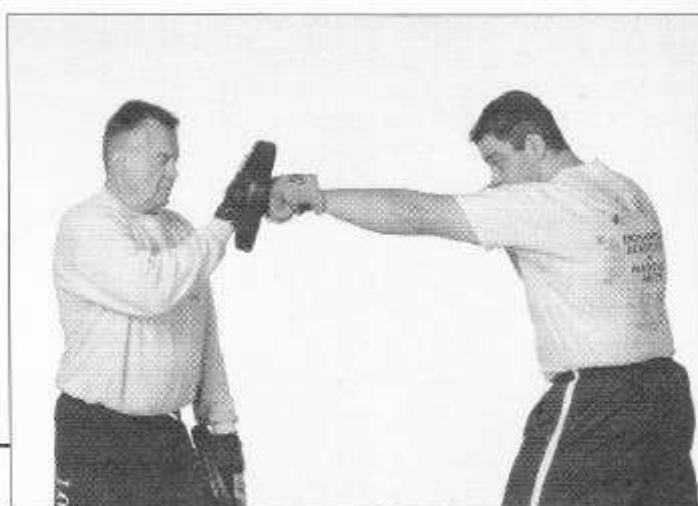
6. Student shoots in a left hook punch to the glove.

FOCUS GLOVE DRILLS

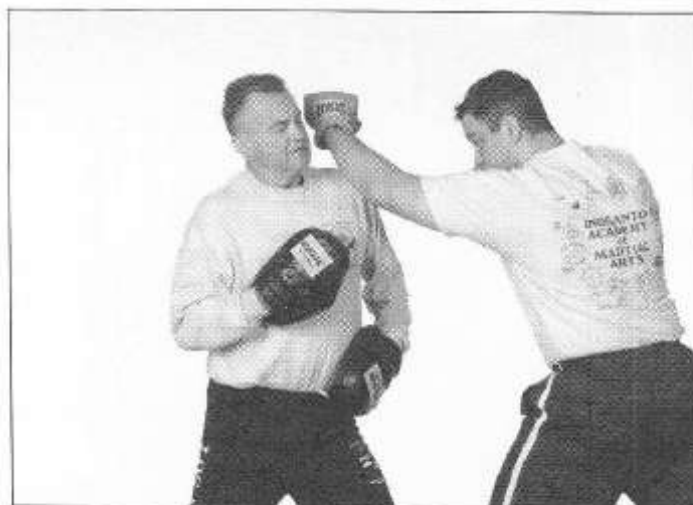
Tackle/Neck Push/Trippl Combination



1. Start position.



2. Left jab...

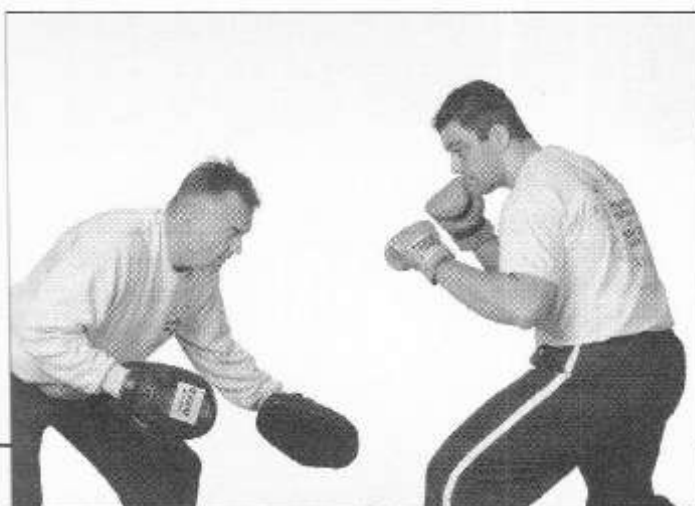


5. ...and forces the trainer back with maximum force.

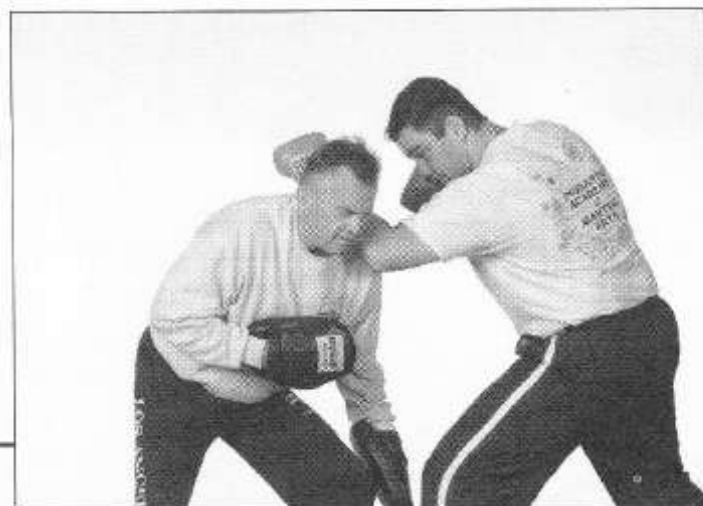


6. Student quickly follows up with a fast hard counter attack-cross.

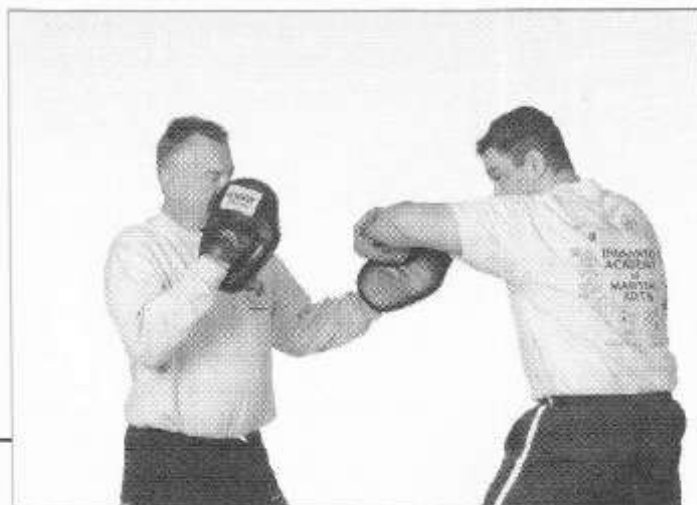
FOCUS GLOVE DRILLS



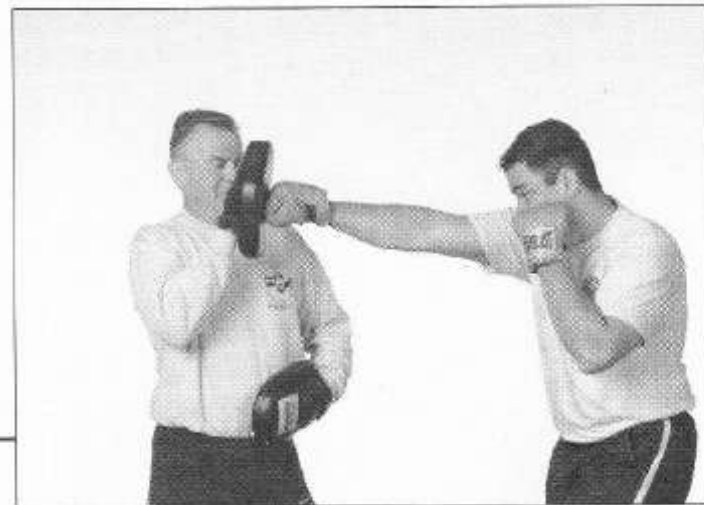
3. Trainer bends down to tackle.



4. ...as he moves forward, the student pushes with forearm to neck.



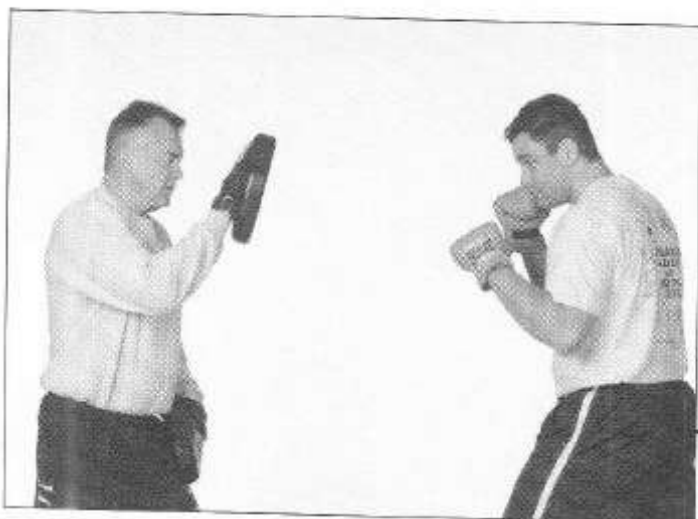
7. Left hook.



8. Right cross.

FOCUS GLOVE DRILLS

"Hockey Punch"



1. Ready position.



2. Student enters with lead left jab, trainer parries left jab then...

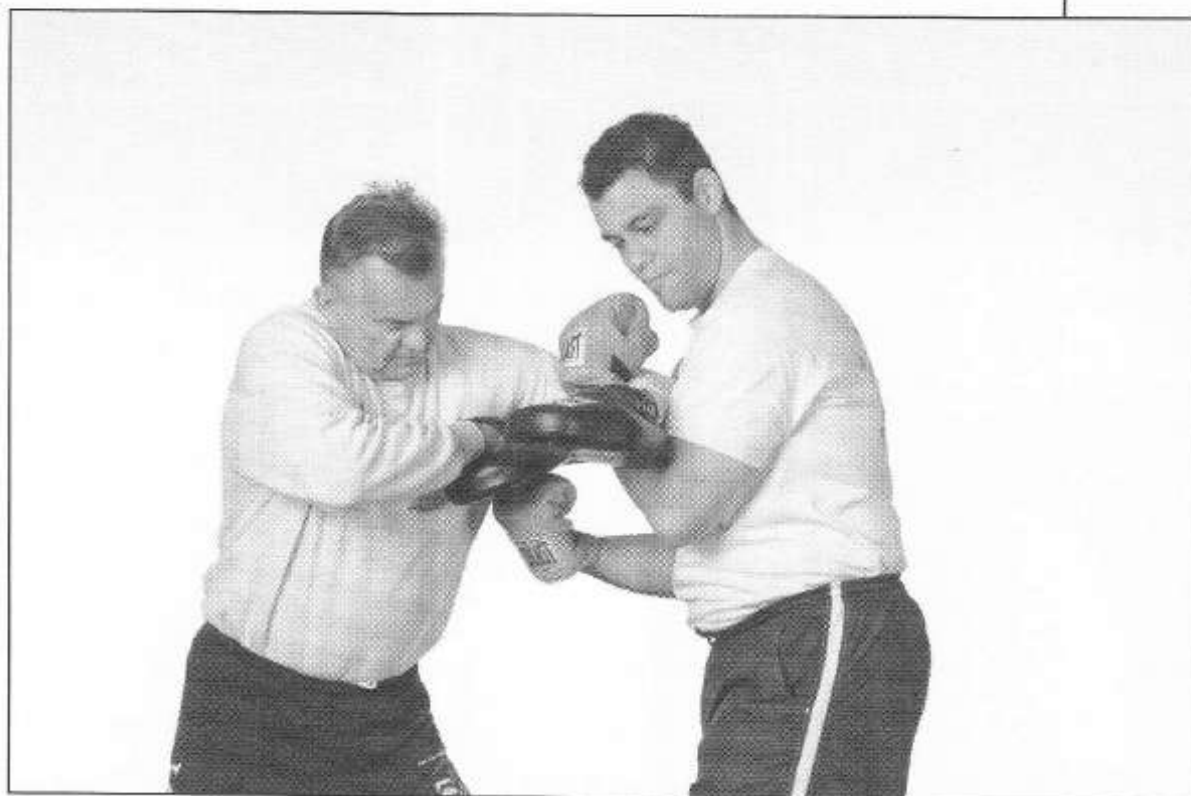
FOCUS GLOVE DRILLS



3. Trainer hooks left arm inside student's left elbow, pulling downward.

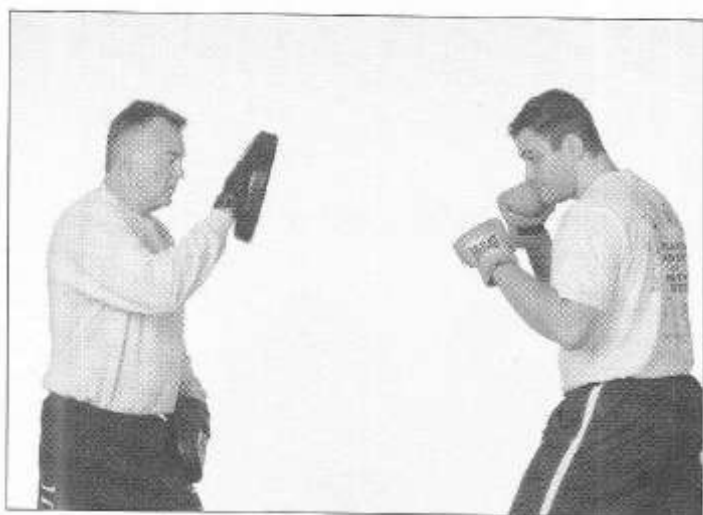


4. Student throws overhand as trainer positions glove facing up.

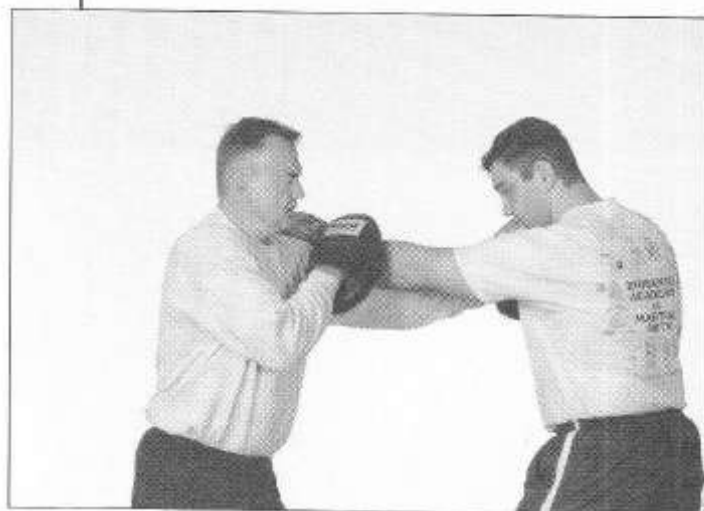


5. Student follows up with inside tight uppercut as trainer faces glove in downward position.

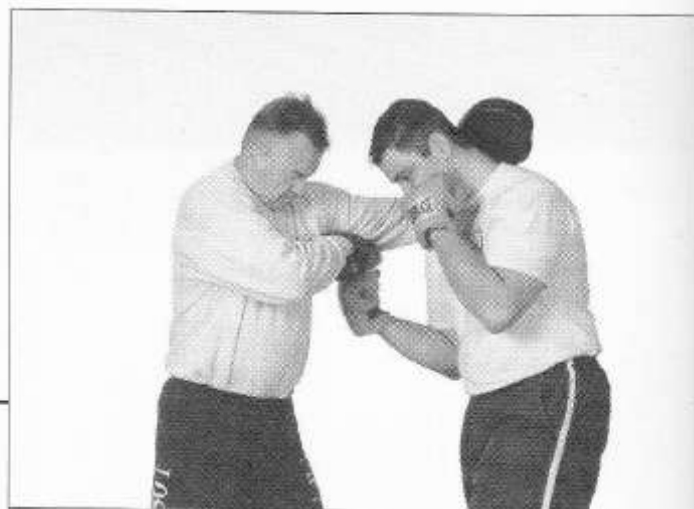
FOCUS GLOVE DRILLS



1. Ready position.



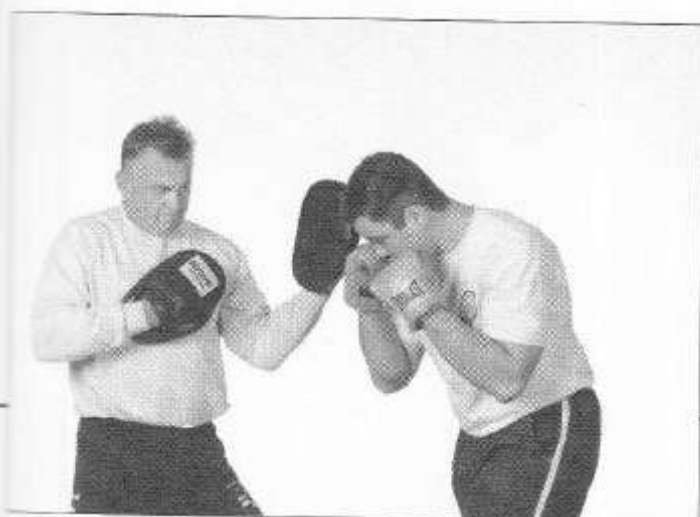
2. Student jabs, trainer inside parries jab.



3. Student counters with right uppercut as trainer faces glove down.

FOCUS GLOVE DRILLS

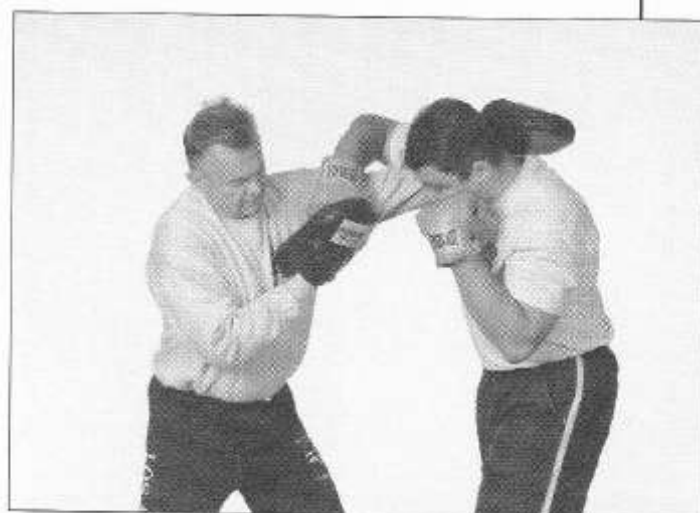
Enter to Close Range Tools



4. Student torques body to gain power as trainer flashes glove...



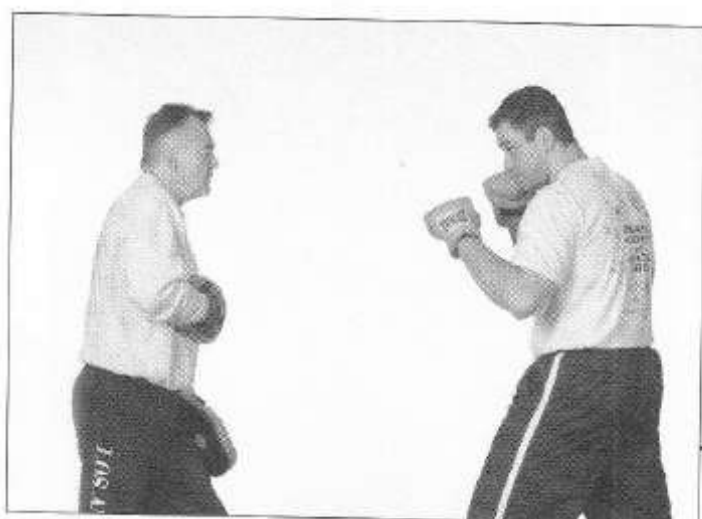
5. ...student hits a hard left hook.



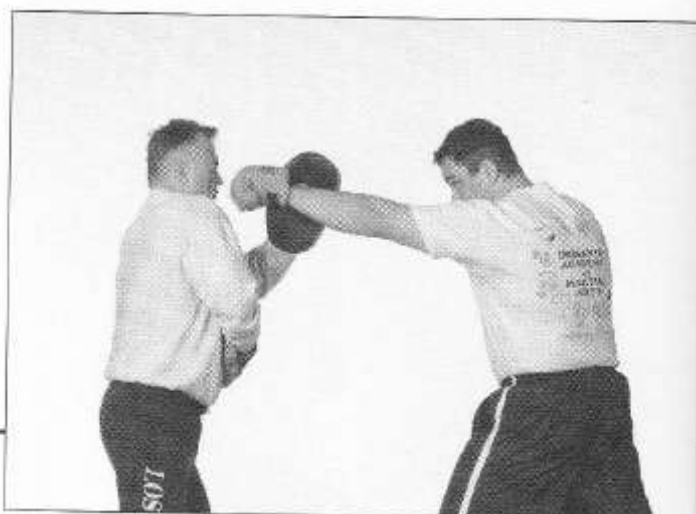
6. Trainer tries to catch student with left hook, student cuts in with overhand.

FOCUS GLOVE DRILLS

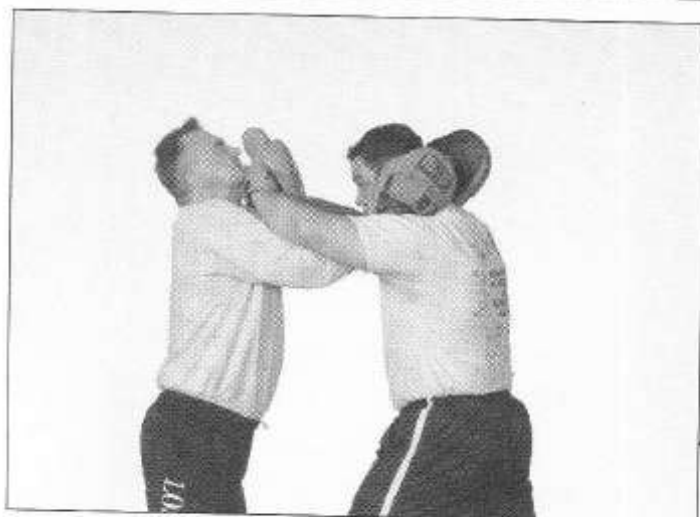
Double Neck Counter



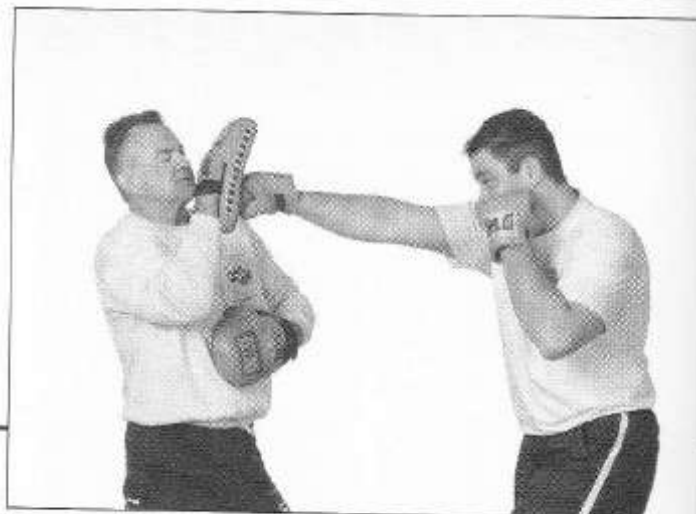
1. Ready position.



2. Student jabs, trainer parries inside.

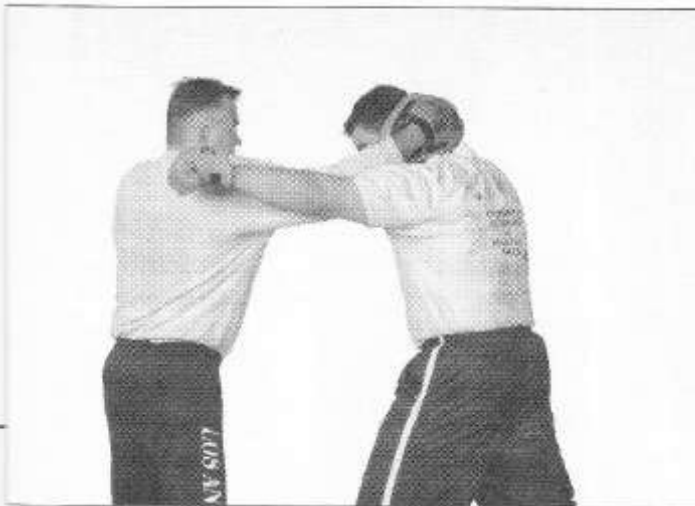


5. Student pushes trainer's jaw back and...



6. Trainer simulates strike positions ... student attacks with right cross...

FOCUS GLOVE DRILLS



3. Trainer grabs student's neck with right hand.



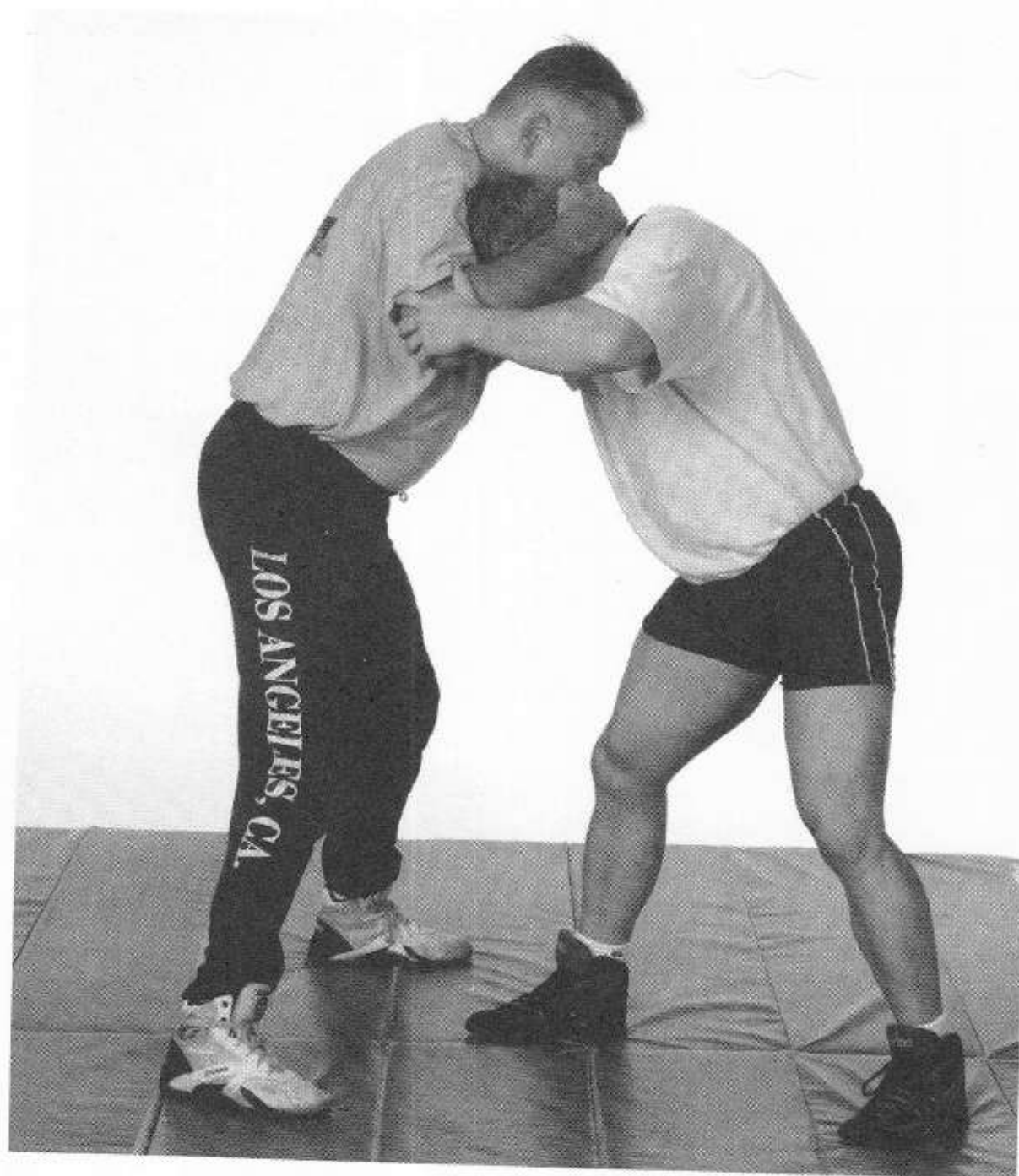
4. ...both hands and clinches, pulling him forward.



7. Left hook.



8. Finishing with right cross.



Bruce Lee considered grappling to be an essential part of Jeet Kune Do. He studied and researched many grappling and throwing arts from a number of masters. Bruce got his grappling from Gene Lebell (toughest man alive – greatest grapplers in the world); Hayward Nishioka, who was, in the sixties, a Californian Judo champion and Locking from Wallay Juy (Jujitsu grandmaster).

At that time, even before everyone else, I was learning grappling because I knew from being a doorman and a deputy sheriff at one time or another, that grappling was necessary. Two people clinch, they take the fight to the floor, unless the guy is a good boxer or can stay away, most fights end up in a clinch or some type of grappling, preceding a throw and takedown.

What people don't know is that Bruce was actually going to take – before he passed away – Jeet Kune Do similar to the UFC type rules, into kickboxing range, takedown to submission. This wasn't public knowledge at the time and unfortunately it didn't materialize.

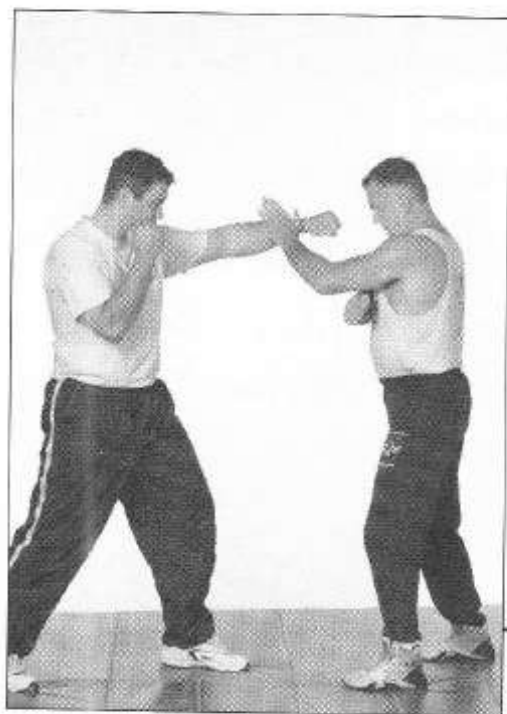
I have continued along the path Bruce showed me and I have used the concepts he taught me to expand my knowledge. I have always used his maxim to absorb what is useful and reject what is not. In my next book I will share these techniques with you in greater detail.

I would like to show you here some of the techniques of grappling which I have incorporated into my personal Jeet Kune Do. The techniques demonstrated here are illustrative rather than comprehensive. They are intended to show you how Jeet Kune Do continues to grow and expand.

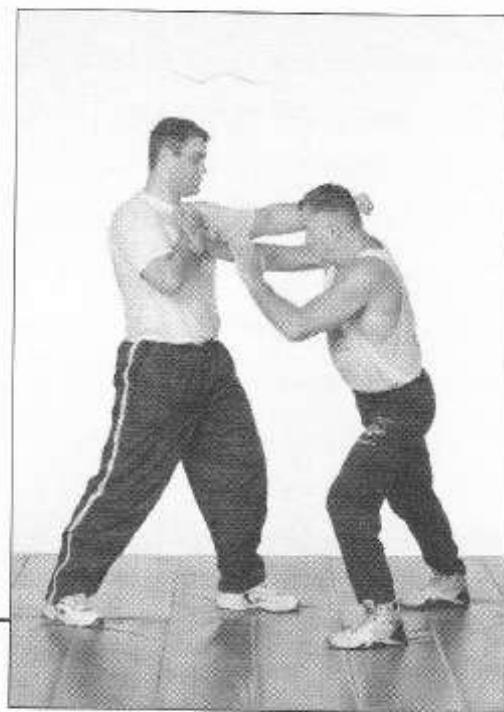
I would also strongly encourage you to seek out a qualified instructor to help guide you along your martial arts path. Through the efforts of Guro Dan Inosanto, myself and others there are many qualified Jeet Kune Do instructors throughout the country and the world.

GRAPPLING METHOD DRILLS

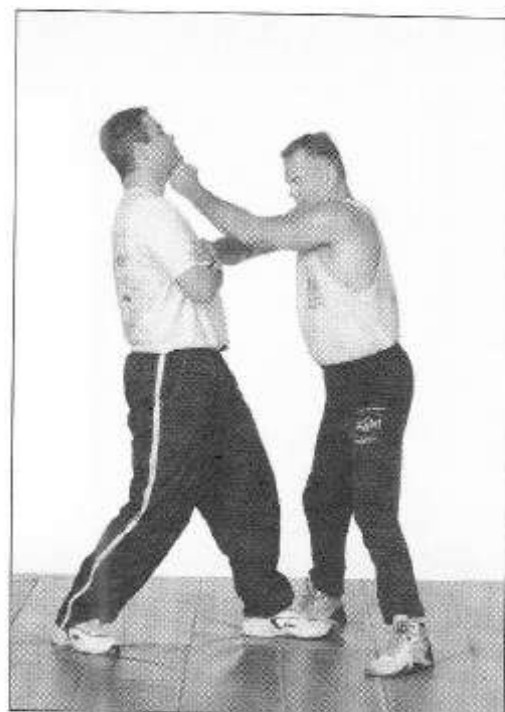
Inside Trap to Trap to Hit



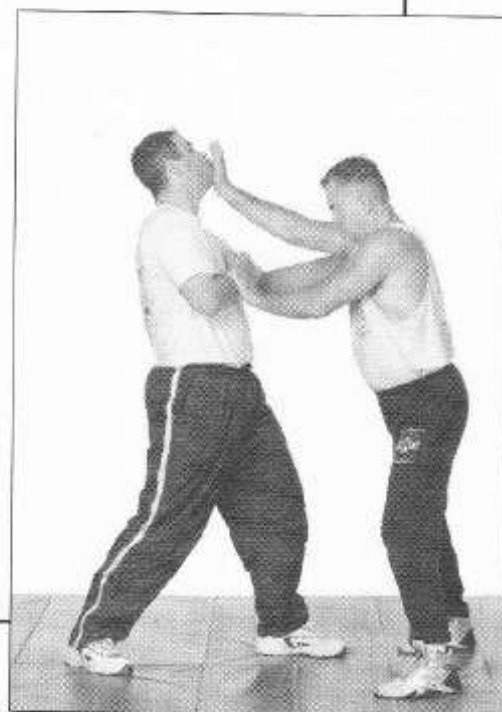
1. Larry slips inside as opponent jabs...



2. ...simultaneously trapping opponent's right hand.



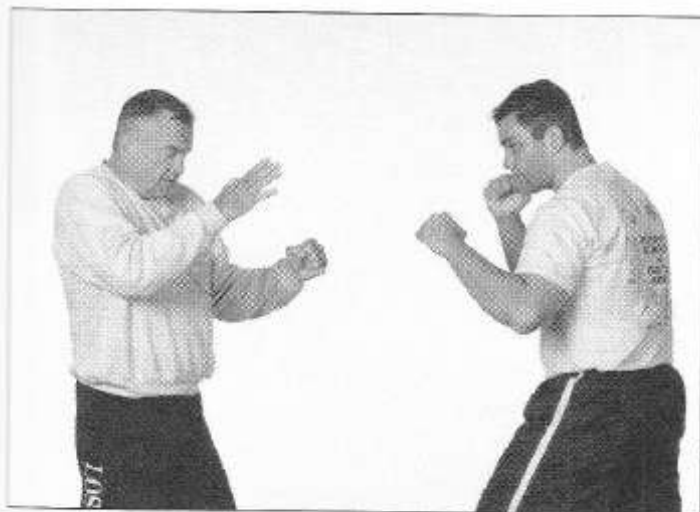
4. Follows up with right hand check simultaneously punching face with left hand.



3. Then checks opponent's right arm with his left, while striking face with palm.

GRAPPLING METHOD DRILLS

Compound Trapping to Figure Four Lock



1. Larry faces opponent.



2. Larry outside parries opponent's lead jab.

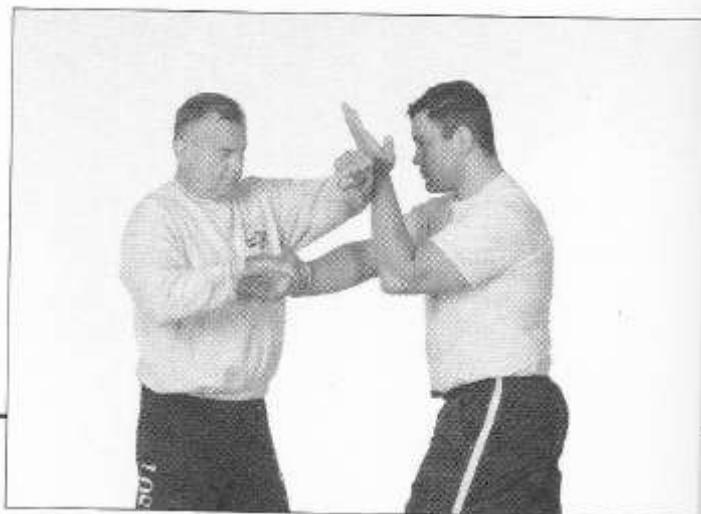
GRAPPLING METHOD DRILLS



3. Simultaneously paks down opponent's arm while hitting left punch, which is parried.

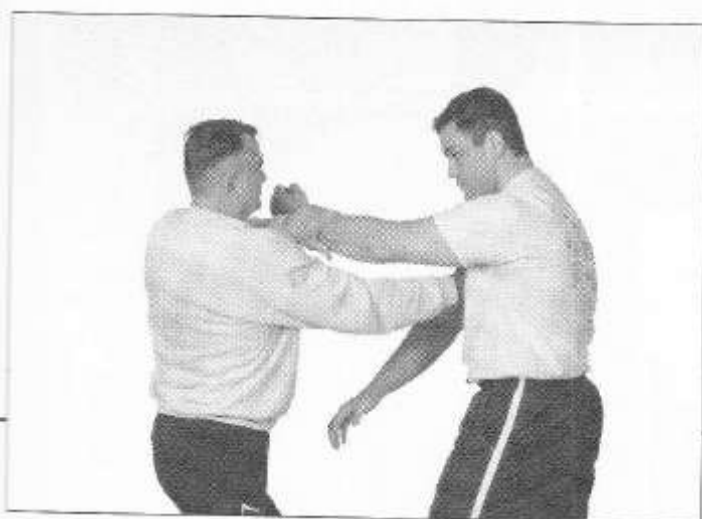


4. Larry cuts to the outside with finger jab which is obstructed by opponent.



5. Larry pulls arm and fires left backfist which is blocked by opponent.

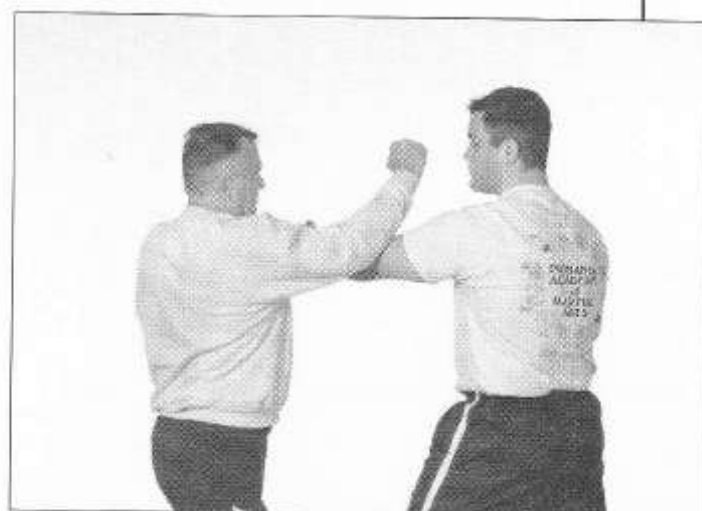
GRAPPLING METHOD DRILLS



6. Larry changes direction pulling opponent's left arm simultaneously hitting body punch.

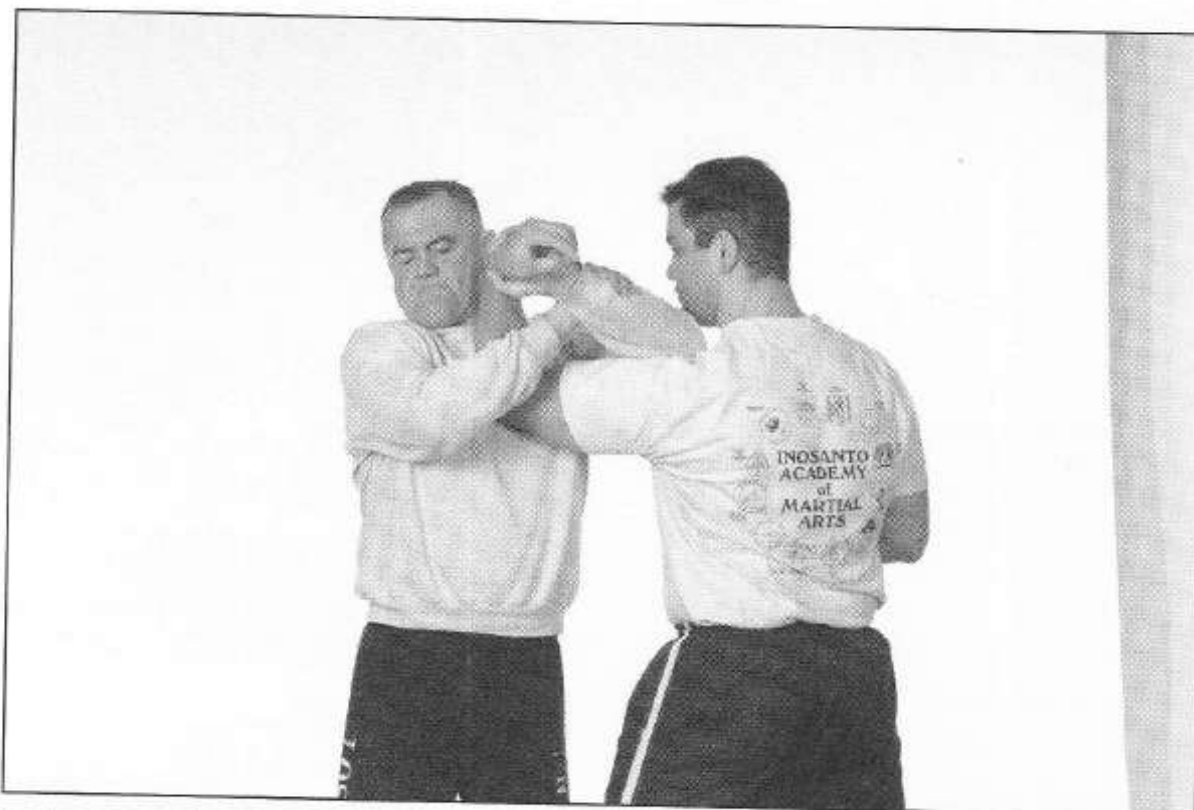


7. ...goes with the energy into a bong sau...



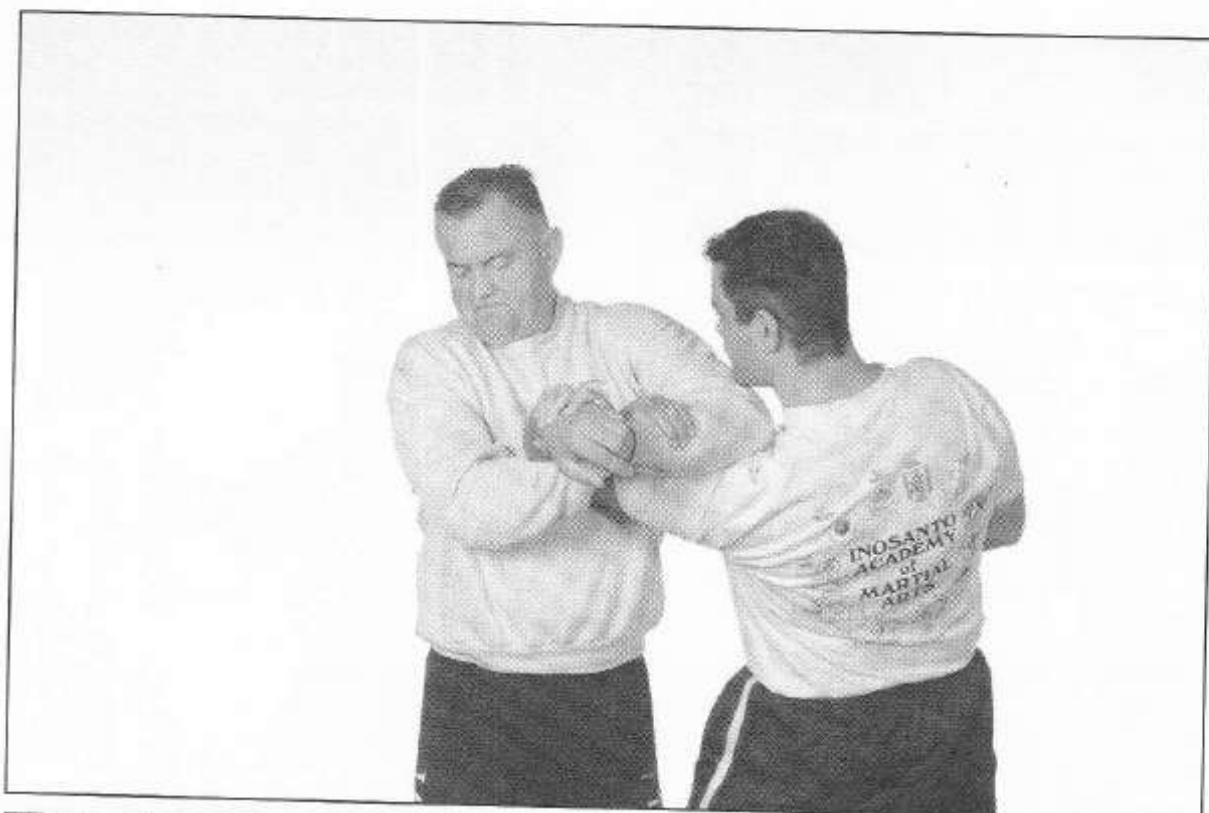
8. ...and hits backfist to opponent's face.

GRAPPLING METHOD DRILLS



9. Larry grabs his left forearm with his own right hand to continue pivoting clockwise into figure four lock.

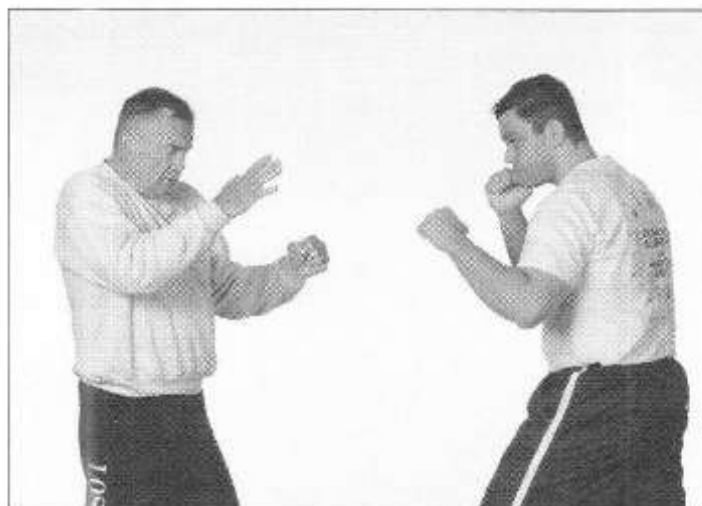
GRAPPLING METHOD DRILLS



10. Forcing down the locked arm by putting extreme pressure to take opponent to the ground.

GRAPPLING METHOD DRILLS

Compound Trapping to Finger Lock Take Down



1. Larry faces opponent.



2. ...parries opponent's left jab.



5. Pulls and traps both hands by checking with left hand – fires a clear shot to face.

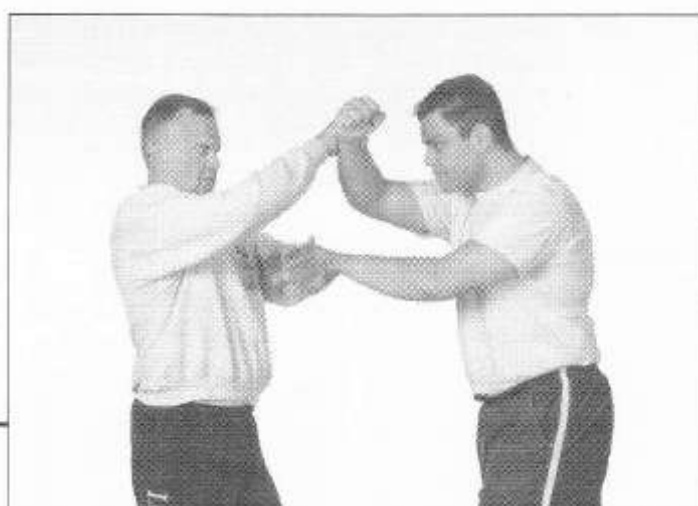


6. Larry flows into a finger lock...

GRAPPLING METHOD DRILLS



3. Larry slaps down opponent's left arm with his right hand – punching to face.



4. Larry Lop Sau's opponent's right arm.

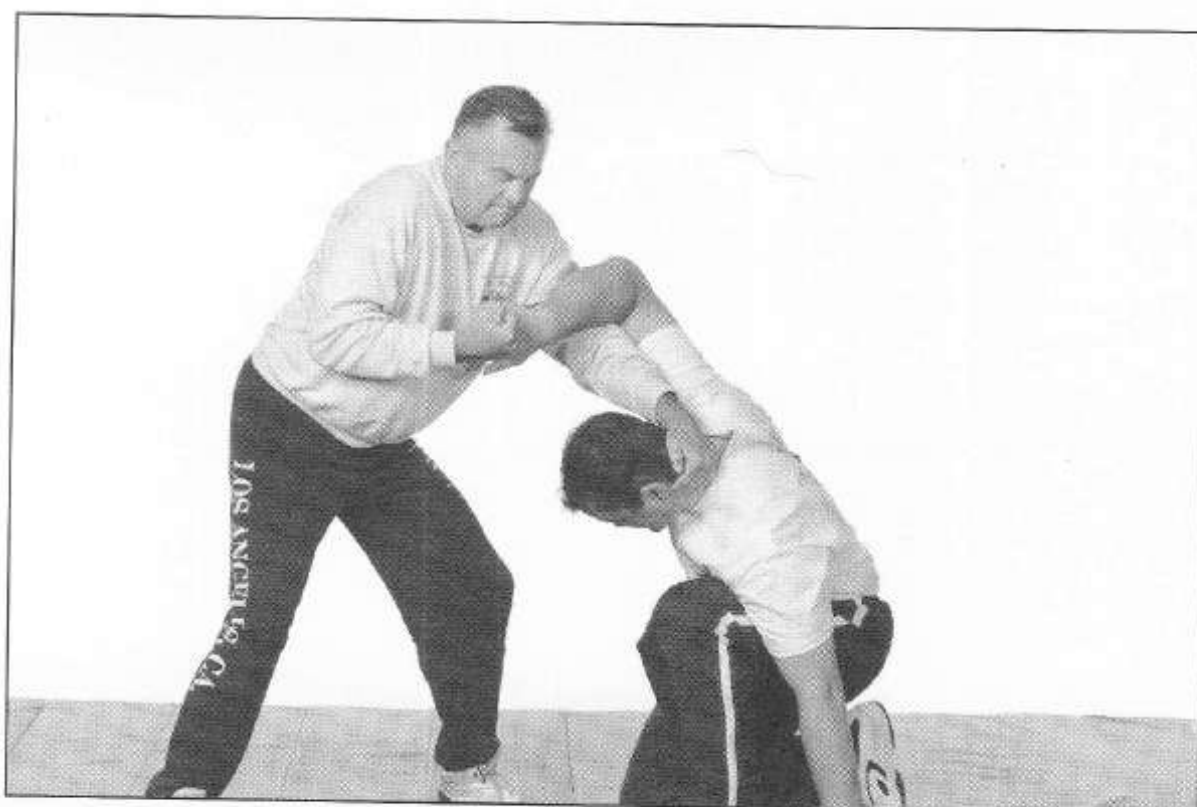


7. Stepping back at the same time bending finger, which brings down opponent on knees.



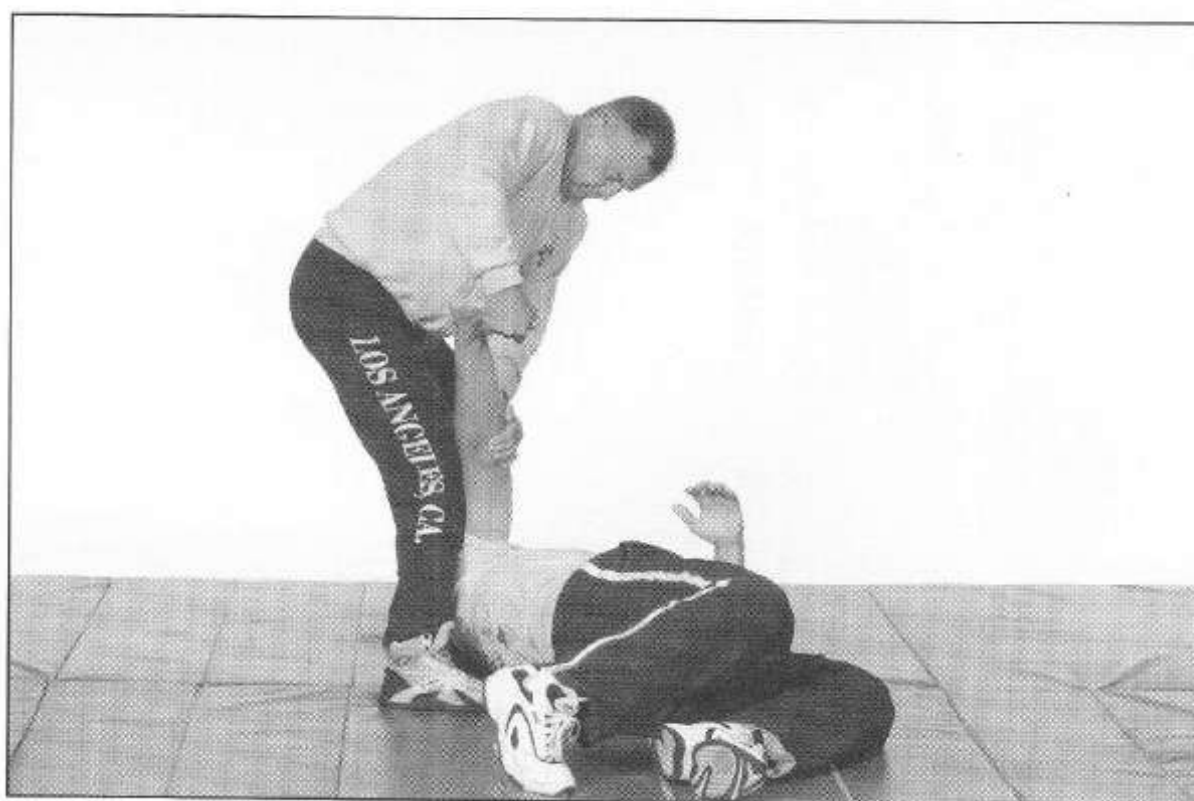
8. ...notice how Larry controls the lock by using left hand grabbing forearm.

GRAPPLING METHOD DRILLS



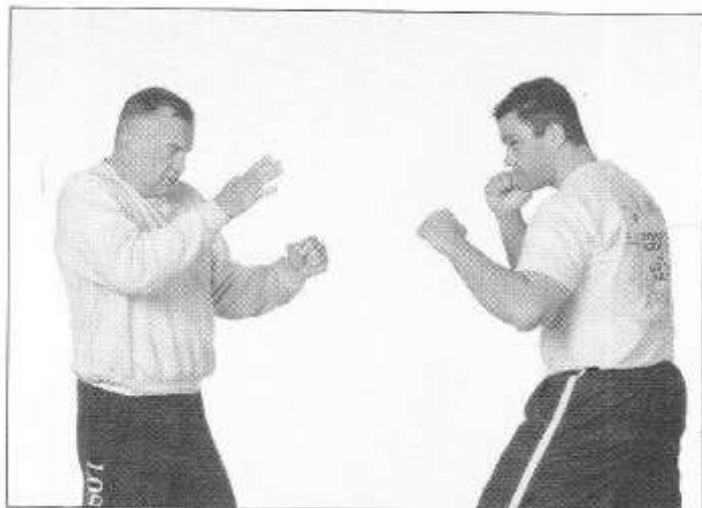
9. He then then places his left hand around opponent's neck, forcing him to spin around (inside neck turn).

GRAPPLING METHOD DRILLS



10. ...forcing him to the ground. From here you can control the opponent with an arm bar and strike with your foot.

GRAPPLING METHOD DRILLS



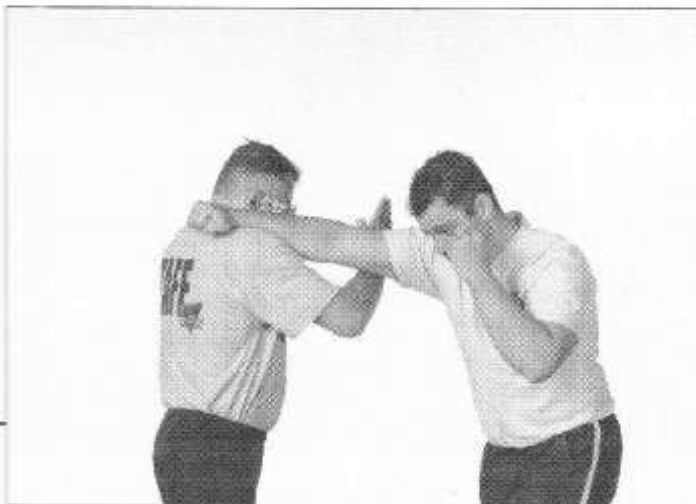
1. Larry faces off with opponent.



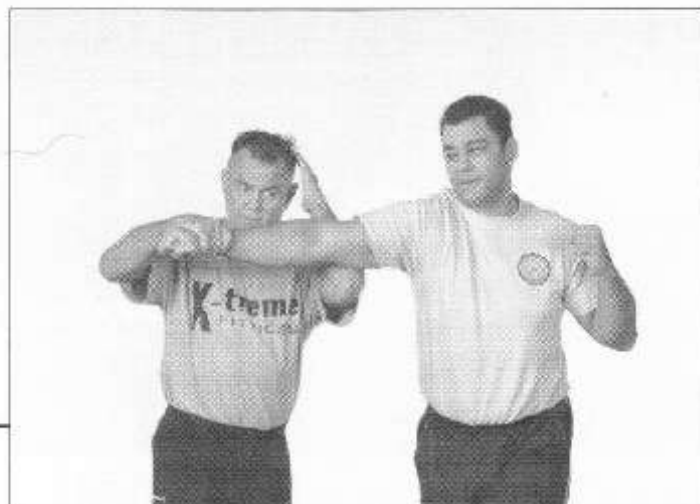
2. Parries opponent's jab.

GRAPPLING METHOD DRILLS

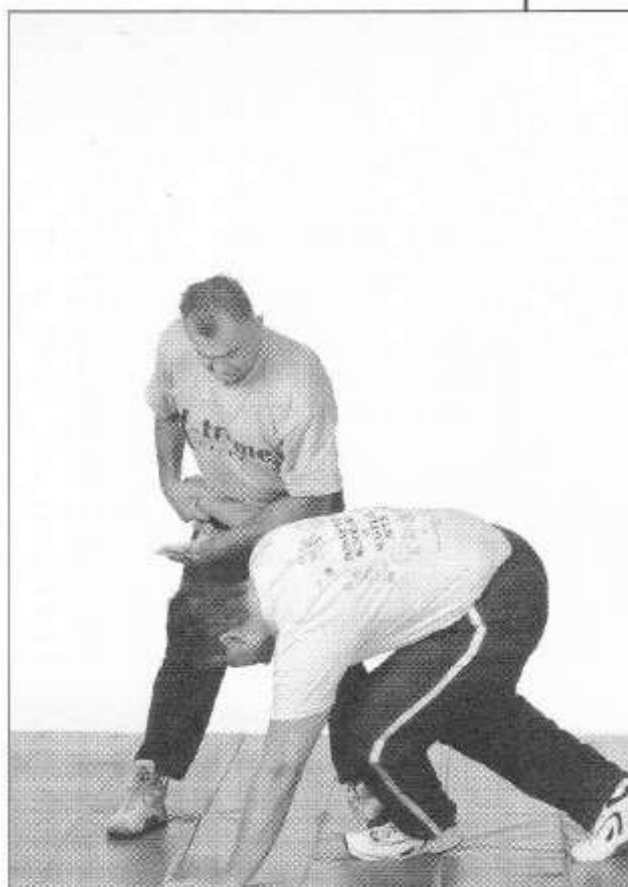
Arm Bar to Leg Lock



3. As opponent follows up with cross, Larry "Salates" to outside.

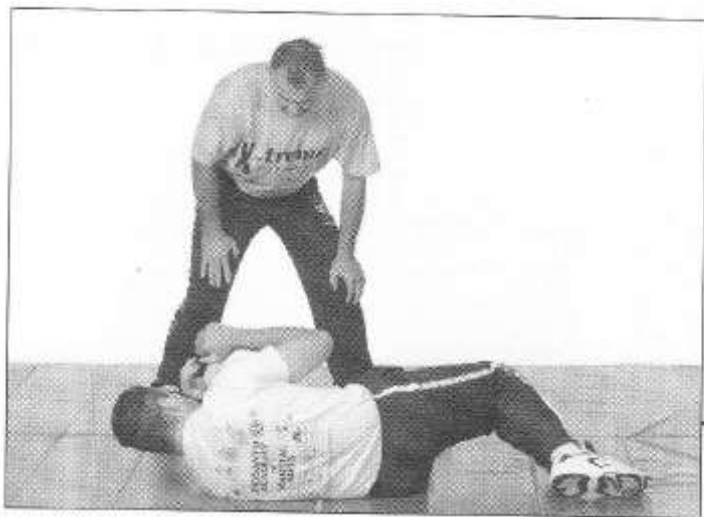


4. Pivots clockwise, capturing opponent's wrist while simultaneously striking with left elbow.

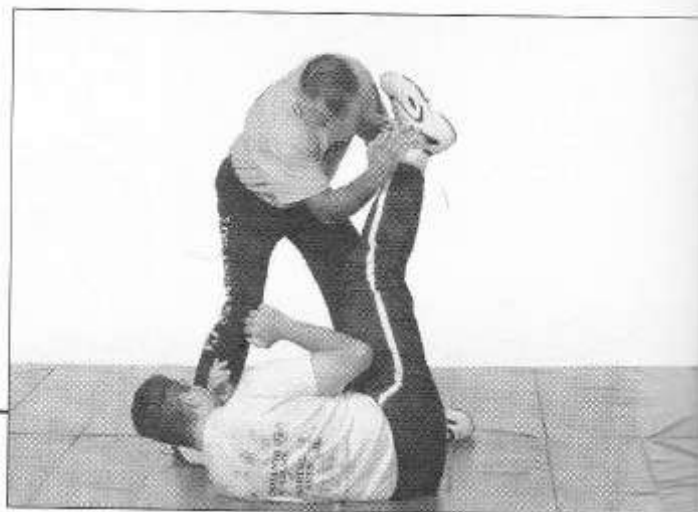


5. Drops left leg back, pulling opponent's wrist into his hips driving down with left forearm.

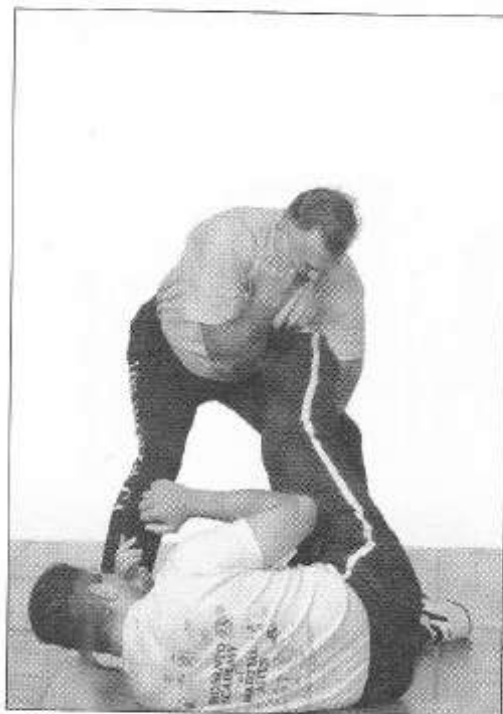
GRAPPLING METHOD DRILLS



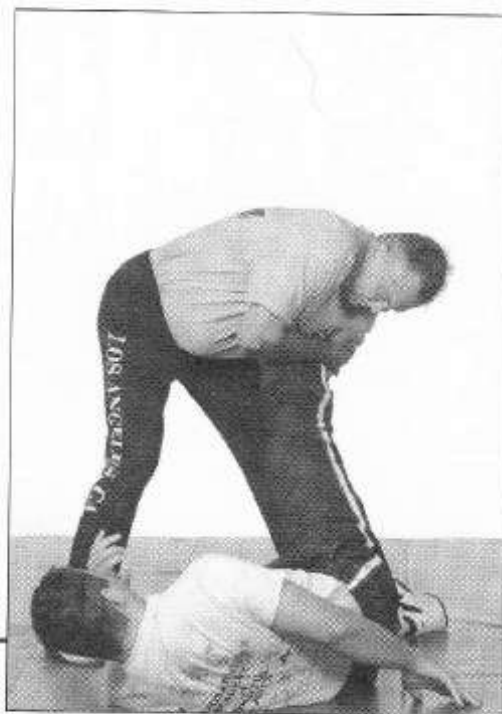
6. Opponent attempts to kick upward from the ground.



7. Which is parried with right hand (use forearm).



8. Arm wrap leg with left arm, grasping right bicep with left hand.



9. Twist left with shoulder to force submission.

GRAPPLING METHOD DRILLS

Step Over/Head Sweep
Take Down to V Arm Submission

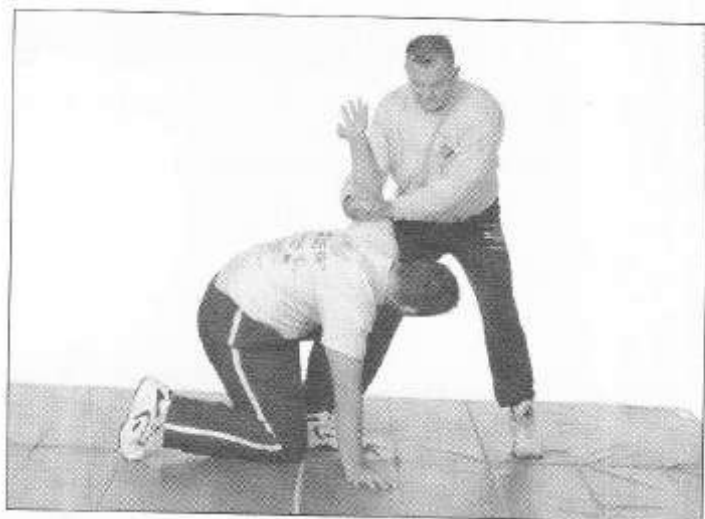


1. Both opponents face off.



2. Larry uses split entry against opponent's punch.

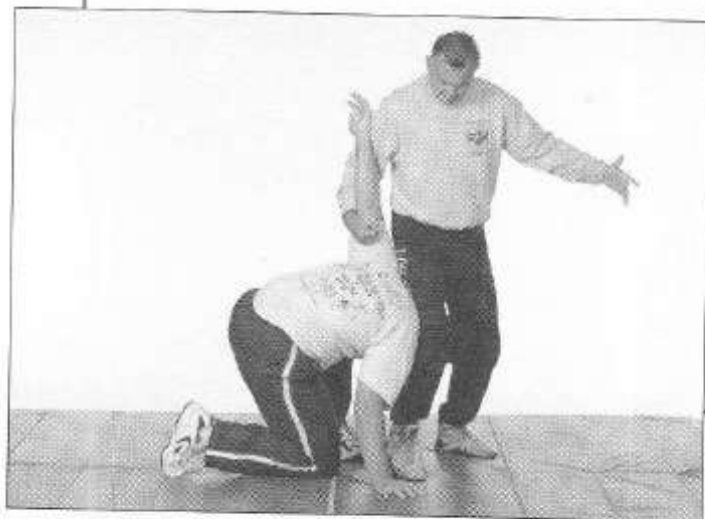
GRAPPLING METHOD DRILLS



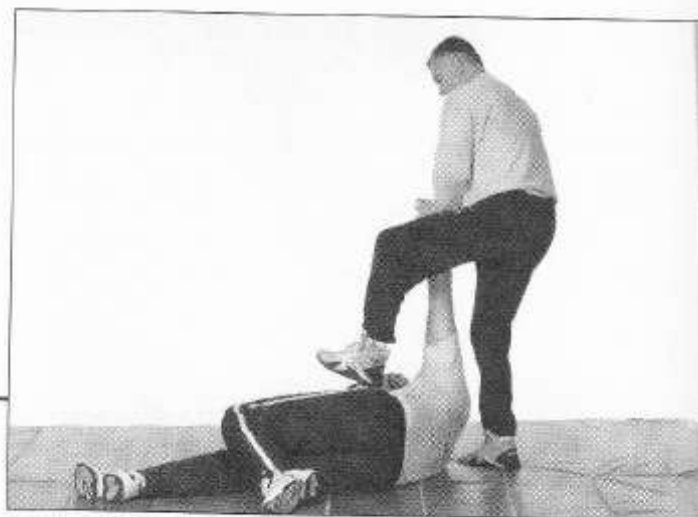
3. Underhooks opponent's arm as he pivots to outside forcing opponent to knees.



4. Maintaining arm hook, Larry sweeps right leg...

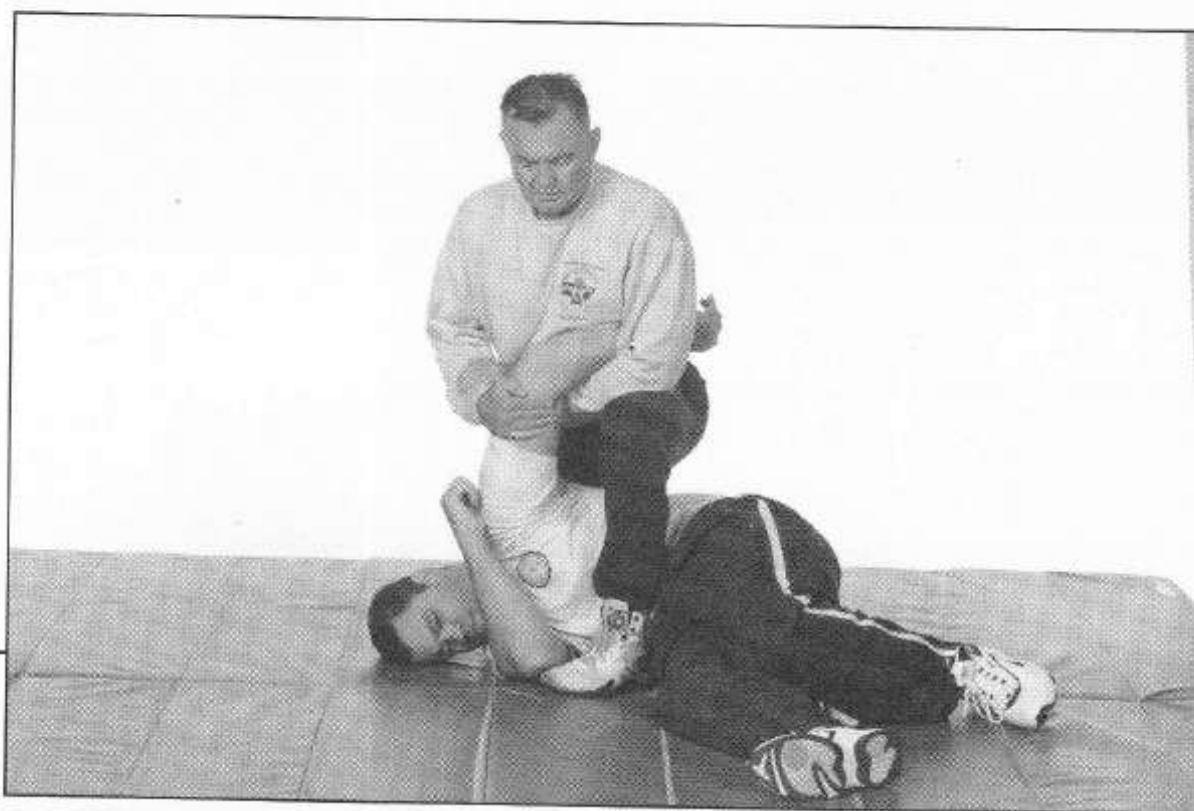


5. ...over opponent's head into straddled position.



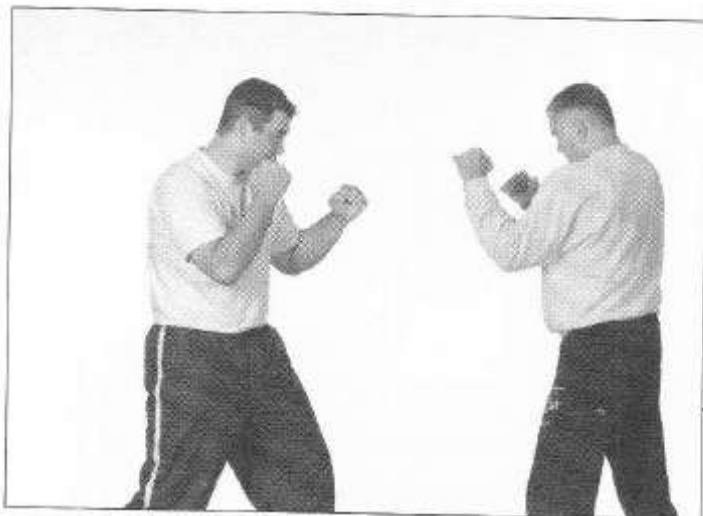
6. Steps over opponent from straddled position.

GRAPPLING METHOD DRILLS

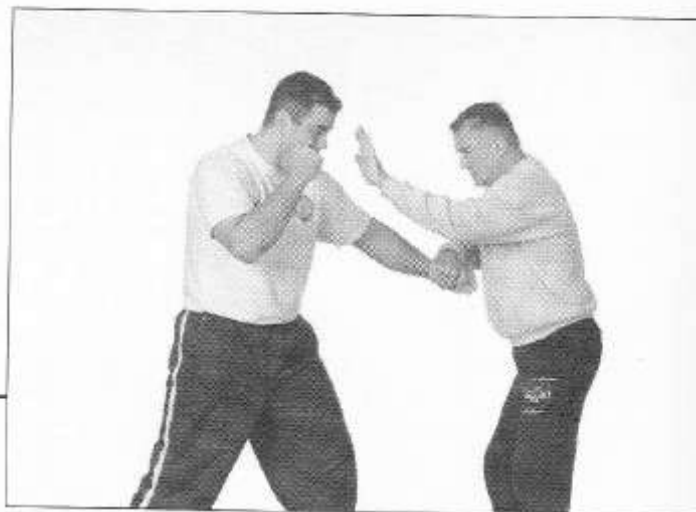


7. V-arm hook, twisting to right forcing submission.

GRAPPLING METHOD DRILLS



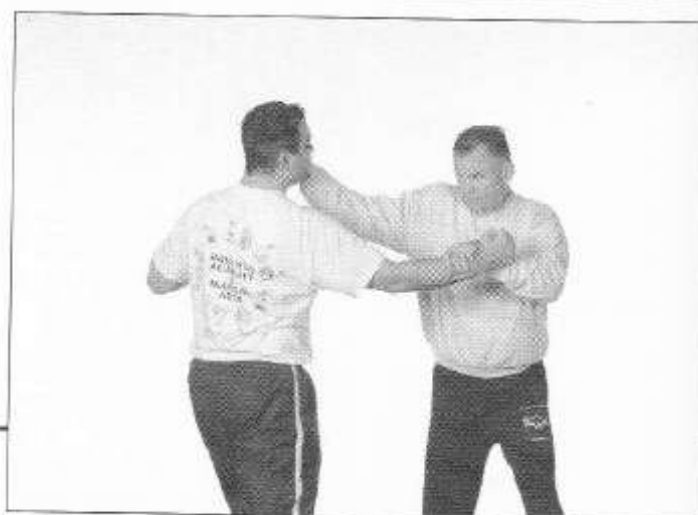
1. Both opponents face off.



2. Larry scoops opponent's left jab down, whilst finger jabbing with left.



3. Opponent swings with right punch, which Larry intercepts...



4. With left parry/right palm smash to side of face.

GRAPPLING METHOD DRILLS

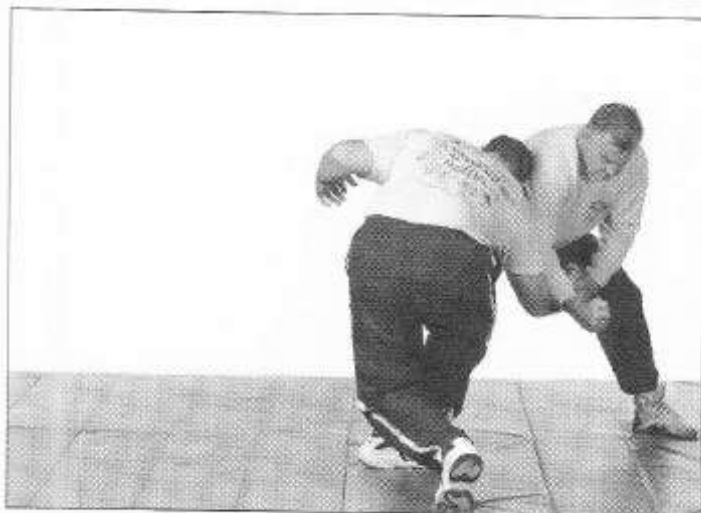
Arm Drag



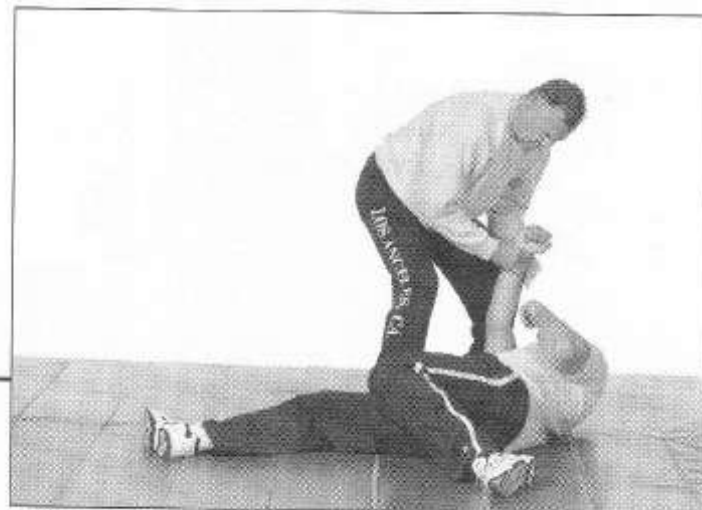
5. The impact of the slap forces opponent's head to turn.



6. Arm drag down using right forearm on opponent's choke point...

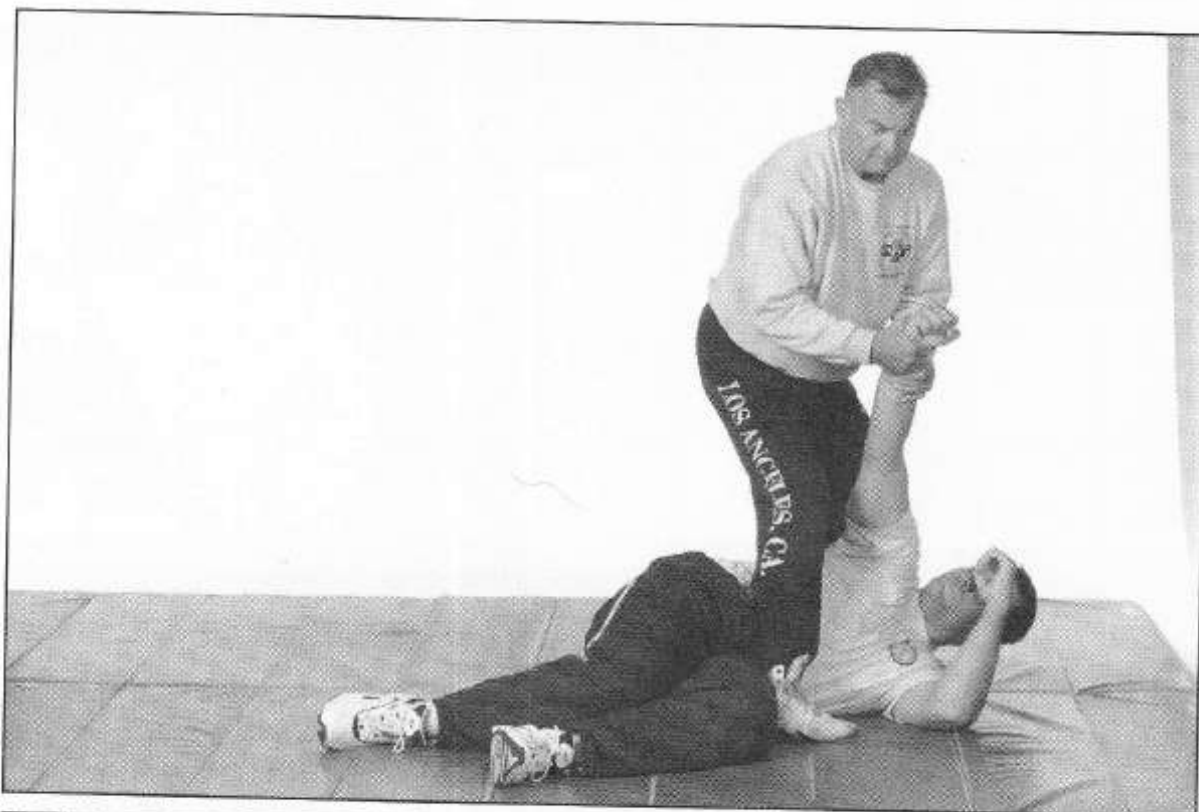


7. Pivoting 180 degrees to rear as you pull.



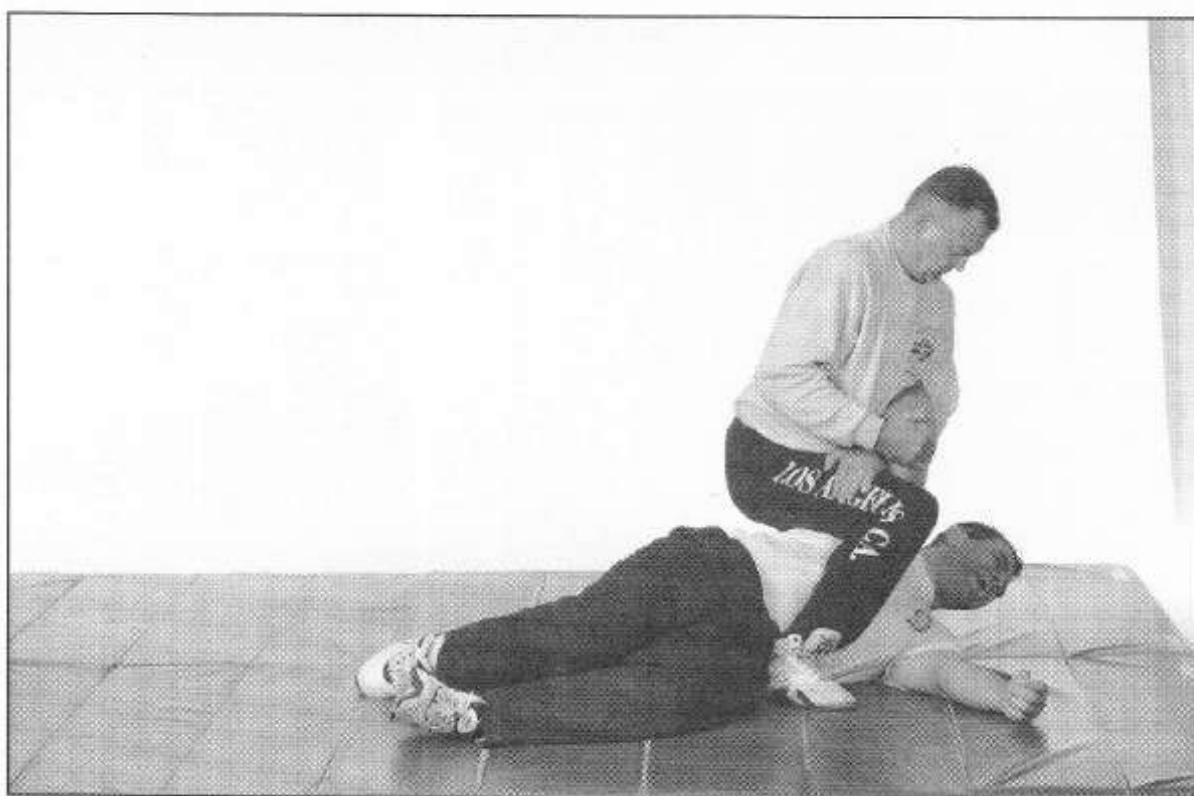
8. Larry controls opponent on the ground by holding the wrist.

GRAPPLING METHOD DRILLS



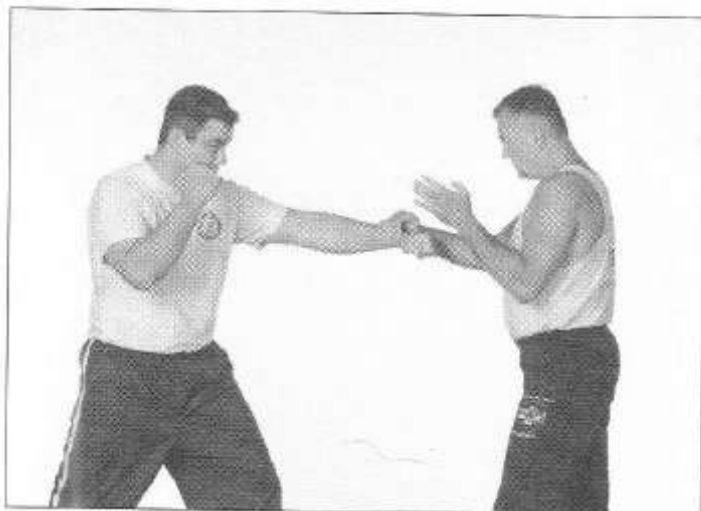
9. And steps with right leg over opponent's body.

GRAPPLING METHOD DRILLS

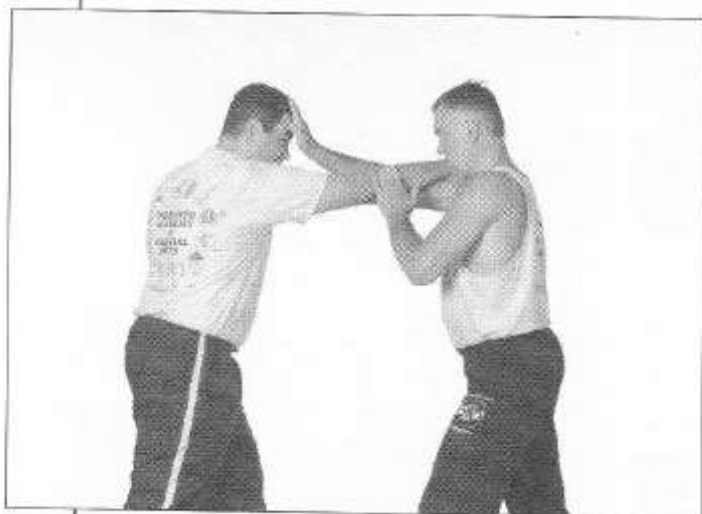


10. He squats into opponent executing V-arm lock submission.

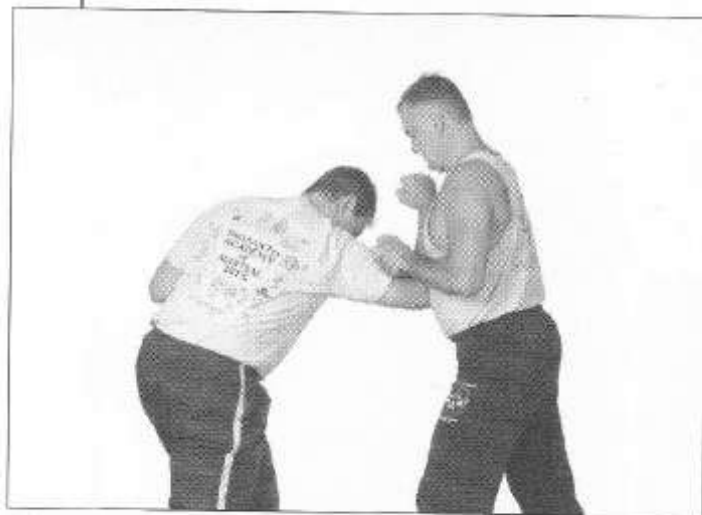
GRAPPLING METHOD DRILLS



1. Opponent fires left jab which Larry catches.



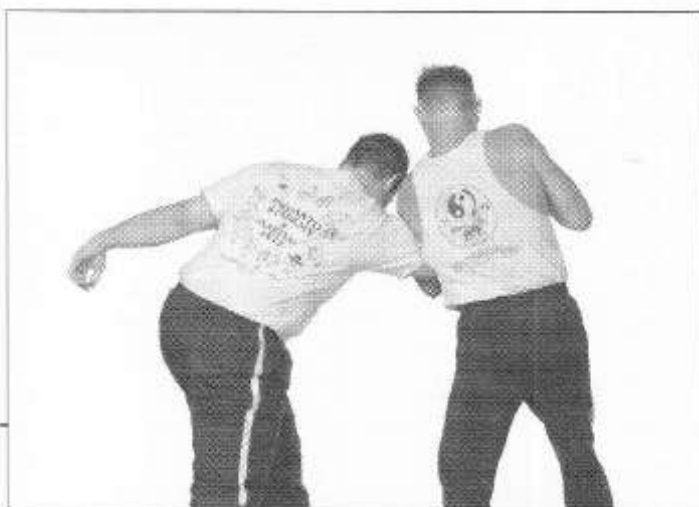
2. Then enters with a split entry striking opponent's head simultaneously avoiding punch.



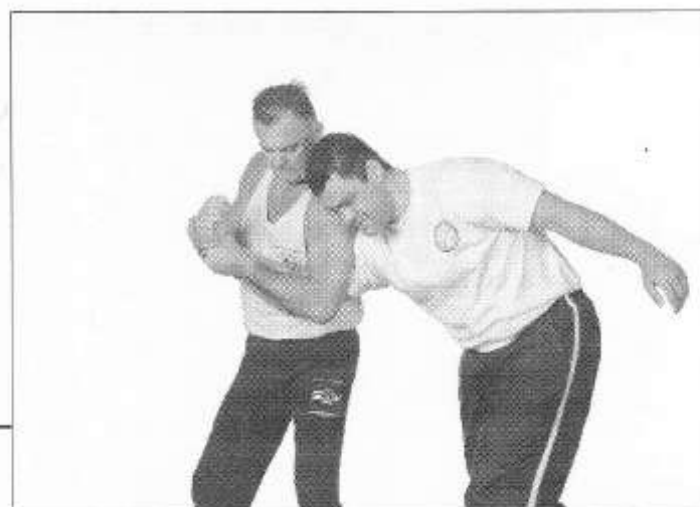
3. Immediately pulls opponent's right arm into his chest.

GRAPPLING METHOD DRILLS

Arm Drag to V-Armpit Submission

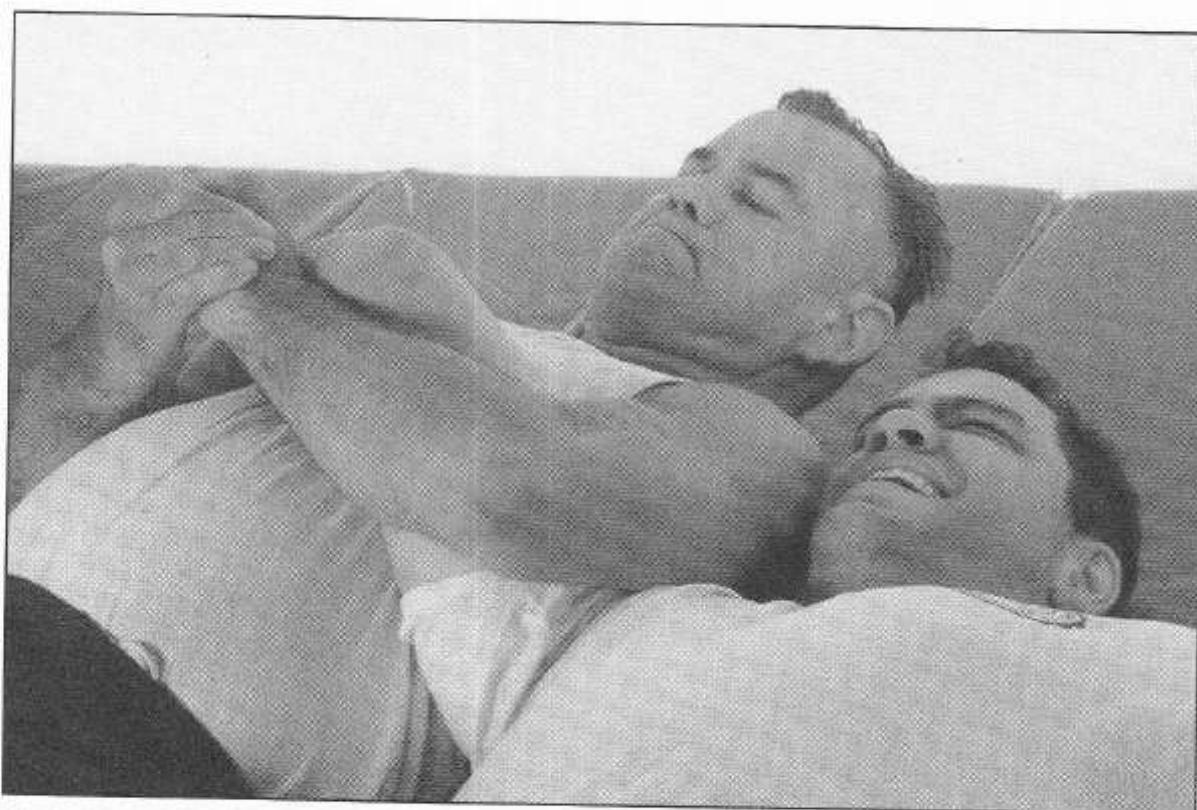


4. Step across with left leg as left elbow slips over opponent's arm.



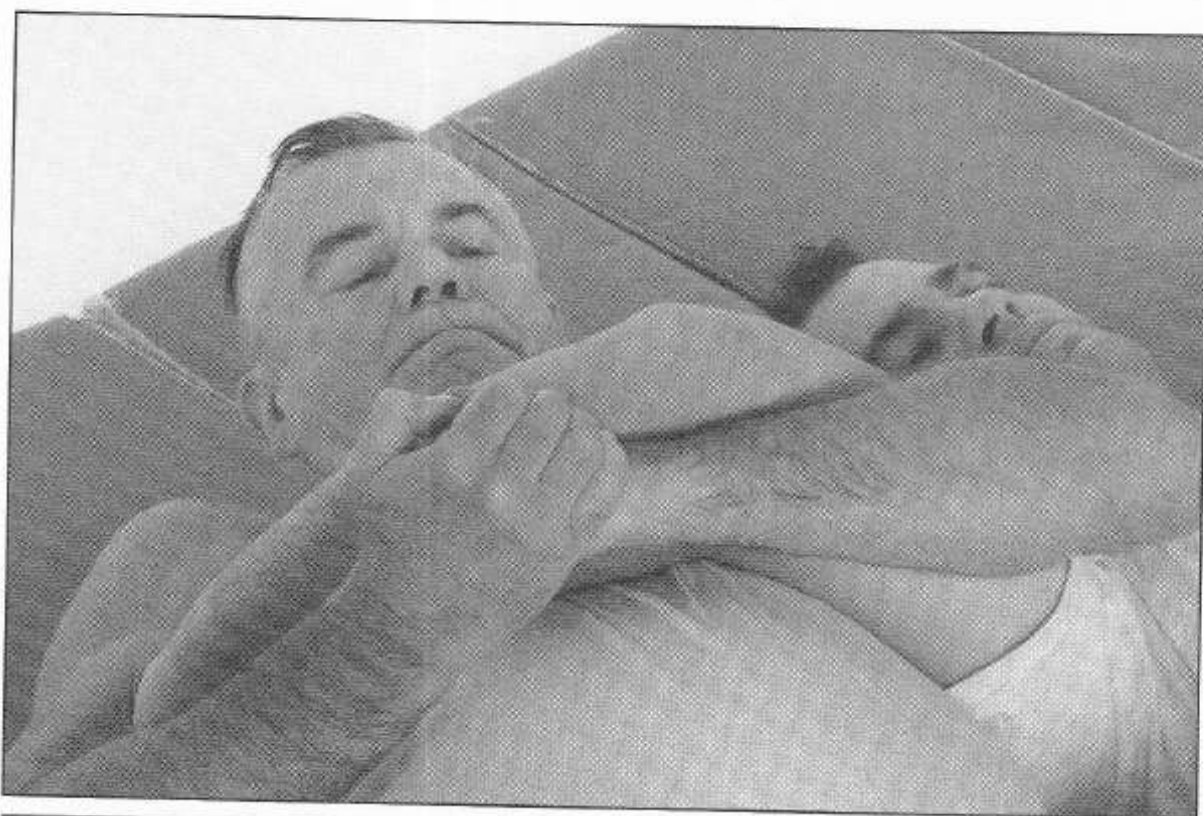
5. Larry prepares to sit down by controlling the opponent's arm.

GRAPPLING METHOD DRILLS



6. On the ground Larry "V" arms into his stomach and...

GRAPPLING METHOD DRILLS

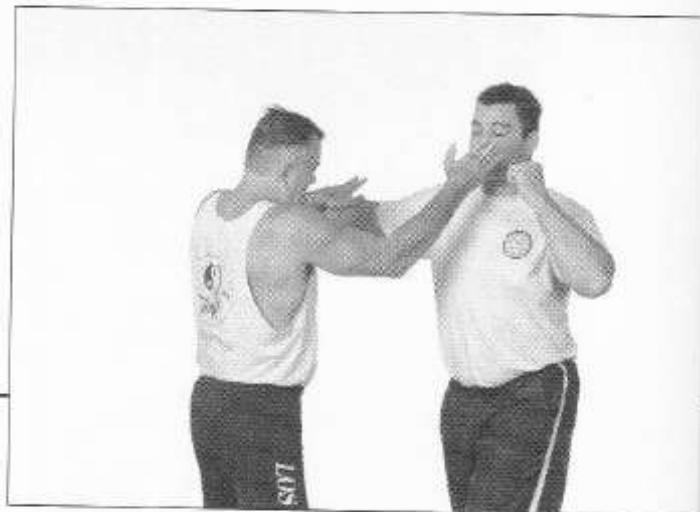


7. Pulls his arm towards his chin for submission. Note: Keep your left leg locked over opponents to prevent him from escaping.

GRAPPLING METHOD DRILLS



1. Larry intercepts opponent's lead body push.



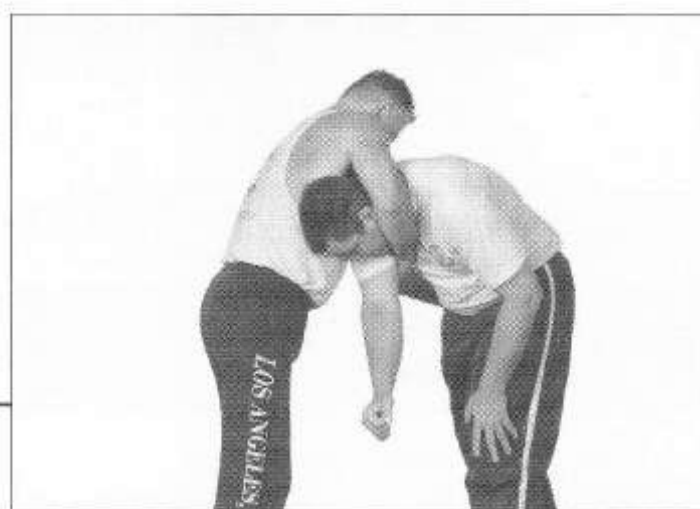
2. Intercepts right hook to face and strikes right palm face.

GRAPPLING METHOD DRILLS

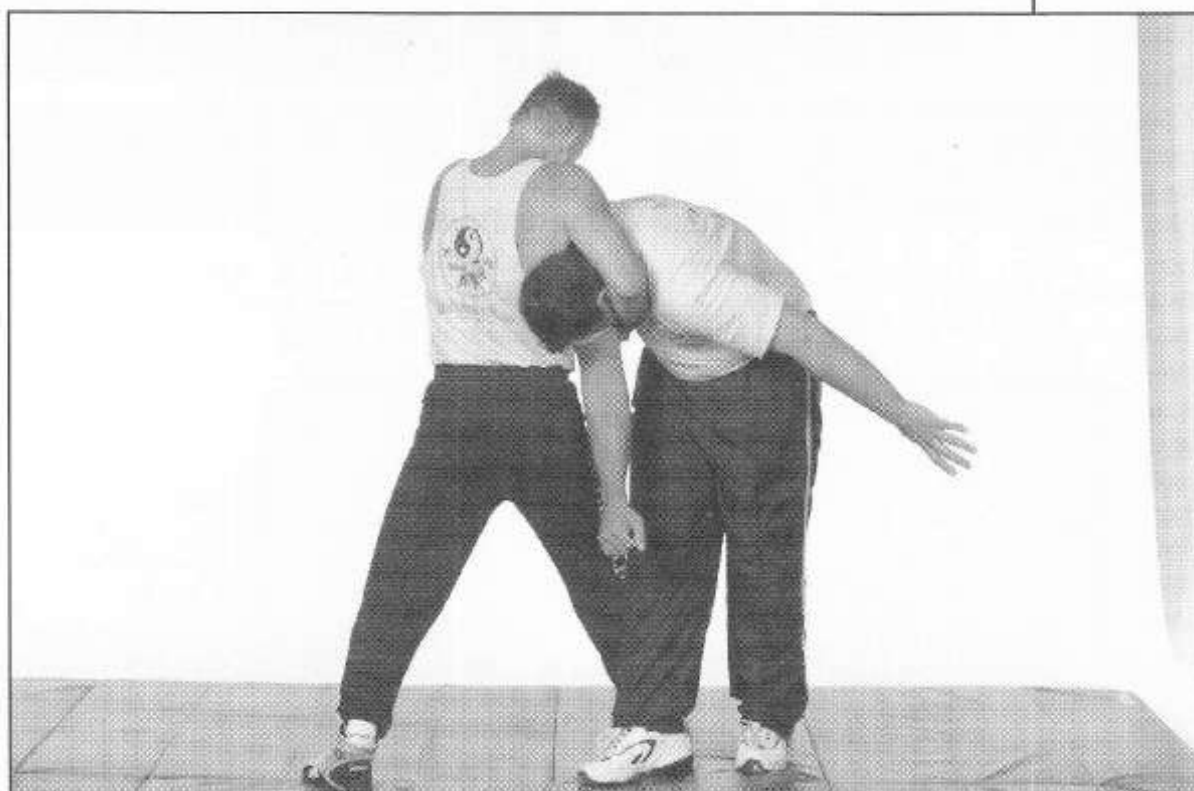
Underarm Hook Choke



3. Traps right arm around back of opponent's neck.



4. ...and around throat for reverse underarm hook choke.



7. Pulls his arm towards his chin for submission. Note: Keep your left leg locked over opponents to prevent him from escaping.

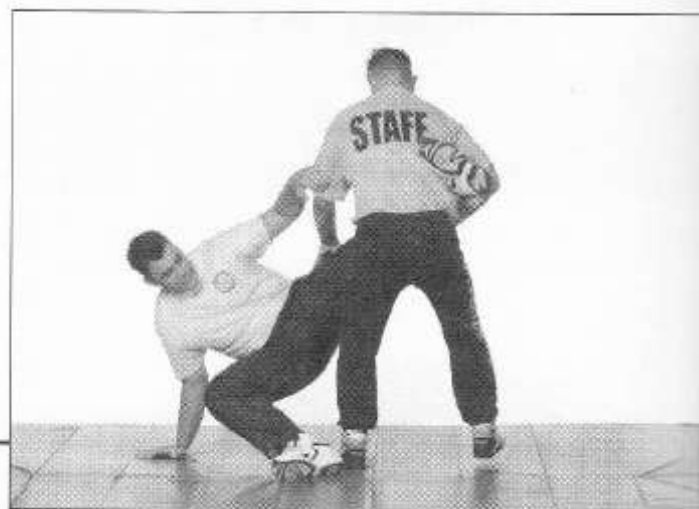
GRAPPLING METHOD DRILLS



1. Opponent's kick is captured by Larry (wrap arm around the leg).



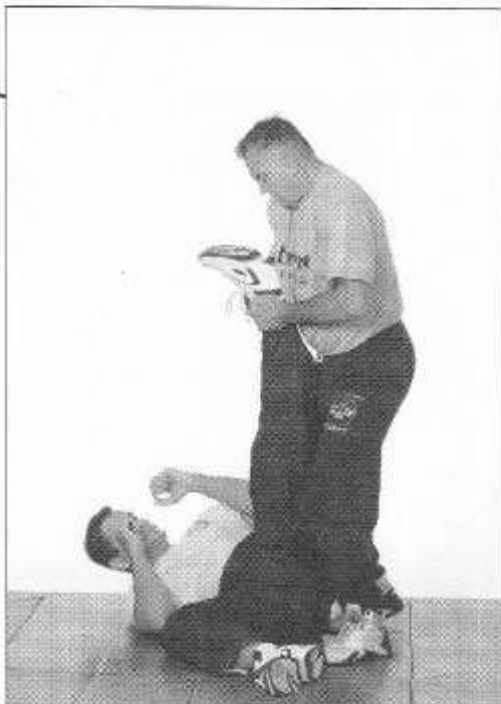
2. Larry steps behind opponent's leg whilst monitoring his lead hand.



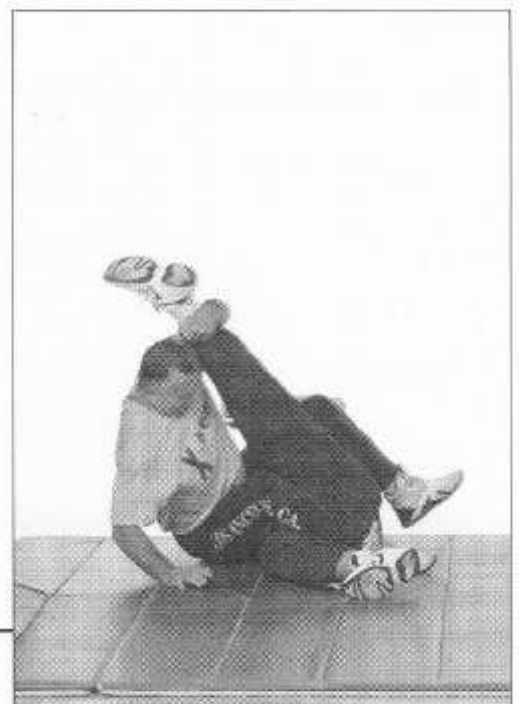
3. Tripping and pushing him down.

GRAPPLING METHOD DRILLS

Leg Capture To Sit Out Leg Bar

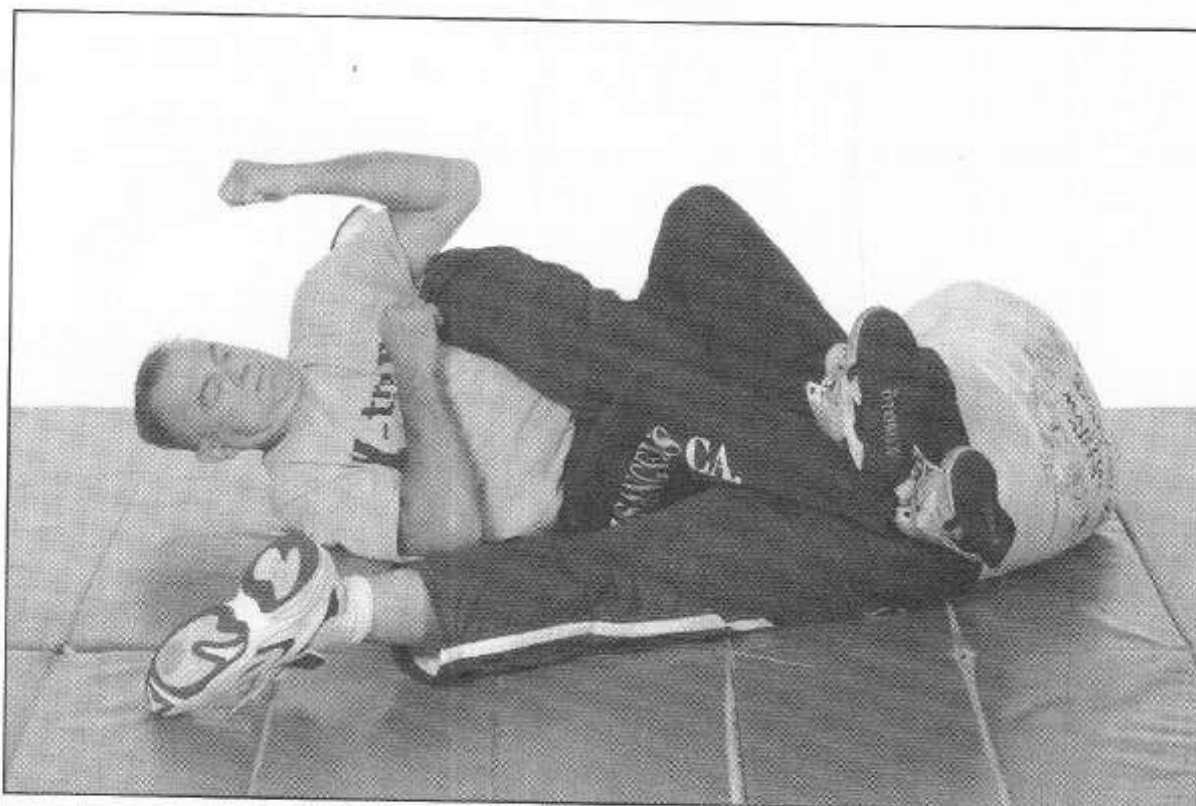


4. Larry, still in control of the opponent's left leg, begins to put his left leg outside of opponent's left.



5. ...and drops to the ground at the same time maintaining hold on opponent.

GRAPPLING METHOD DRILLS



6a. Larry applies double over leg knee bar putting pressure against knee and foot with his left elbow.

GRAPPLING METHOD DRILLS



6b. Alternatively, you can use an ankle lock by wrapping your left arm around opponent's foot.

GRAPPLING METHOD DRILLS



1. Both opponents face off.



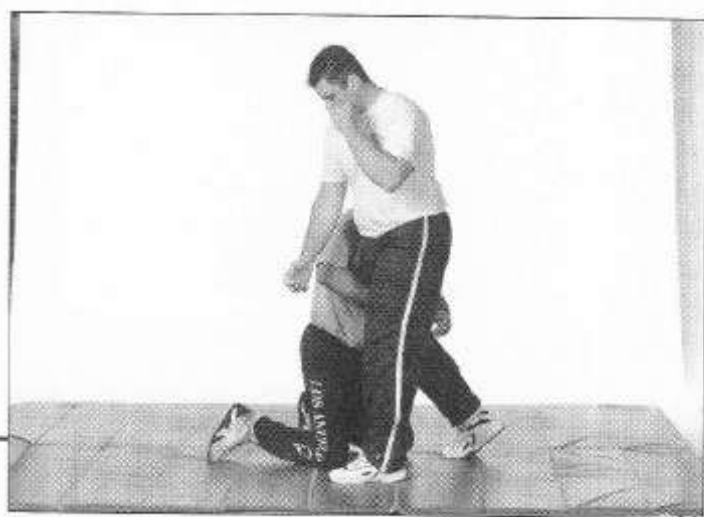
2. Larry inside parries opponent's body jab.



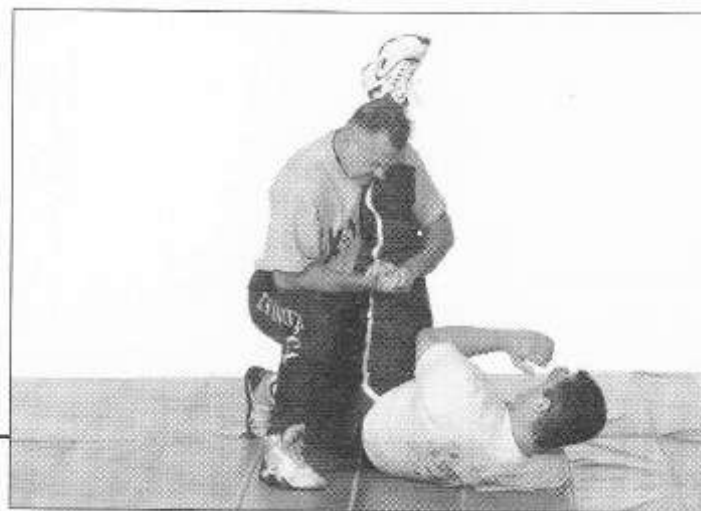
3. ...inside parries opponent's right hook simultaneously hitting shoulder with right elbow.

GRAPPLING METHOD DRILLS

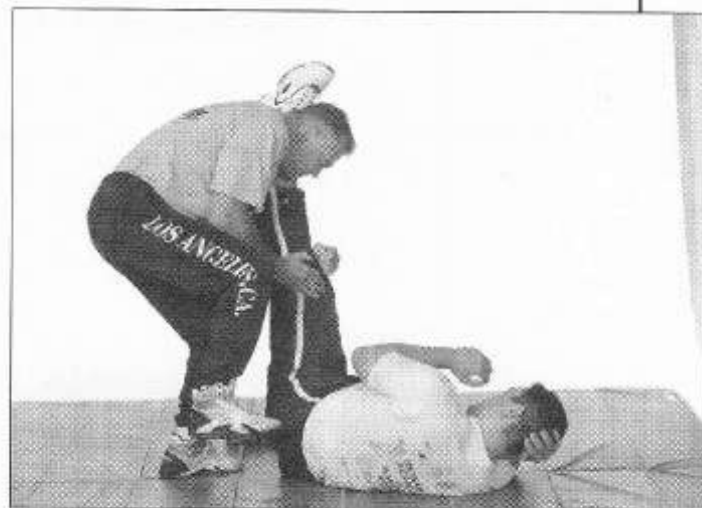
Single Leg Takedown to Footlock/Figure Four/Elbow over Bar



4. Larry drops to knees "shooting" into single leg double arm tackle.



5. Using bodyweight to roll opponent over maintaining pressure on leg.

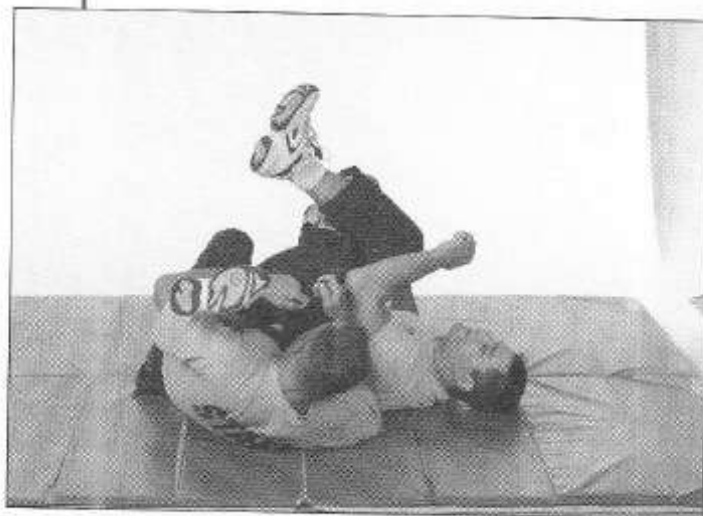


6. Larry lifts his right knee up, while keeping single knee lock braced against shoulder.

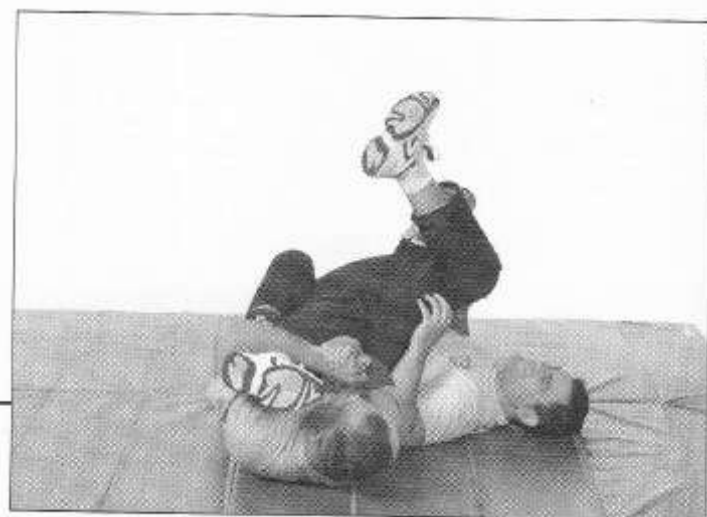
GRAPPLING METHOD DRILLS



7. Larry steps in between opponent's leg falling back.

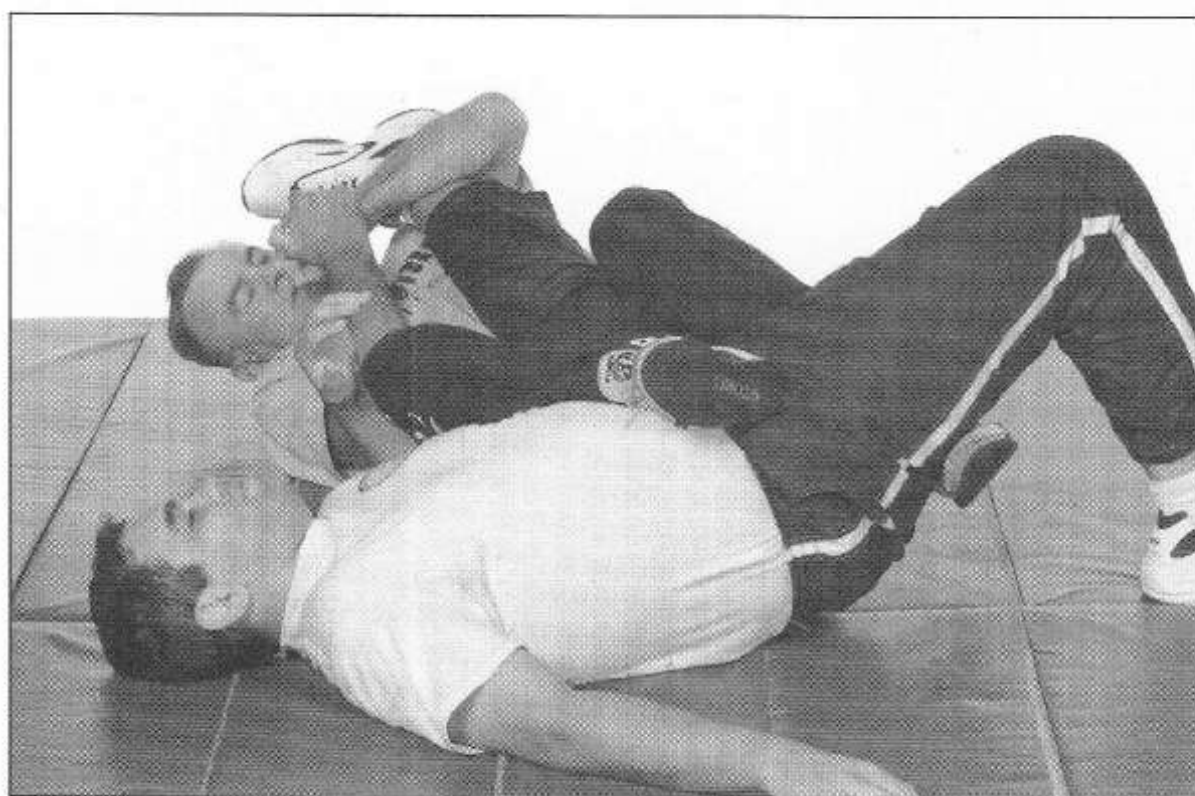


8 ...on the ground with his back and weight on the floor.



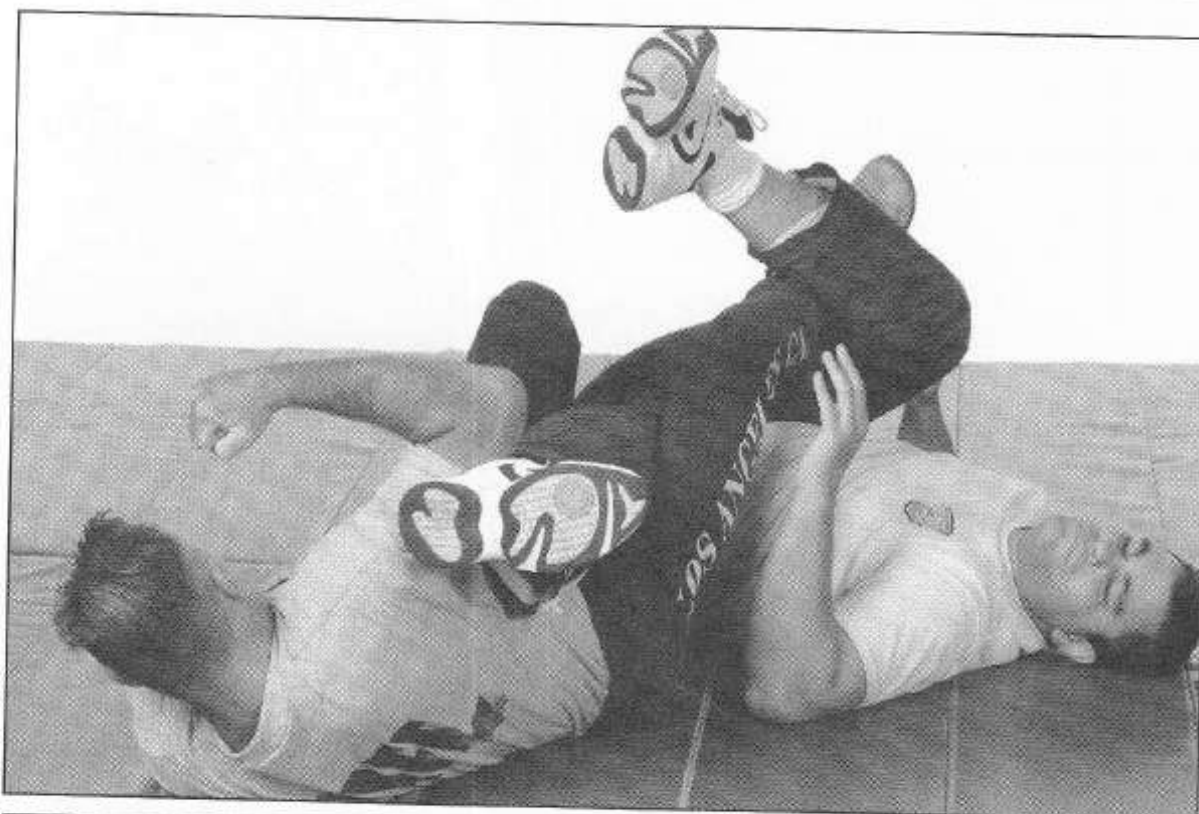
9. He applies a straight leg bar with his arm wrapped around the ankle.

GRAPPLING METHOD DRILLS



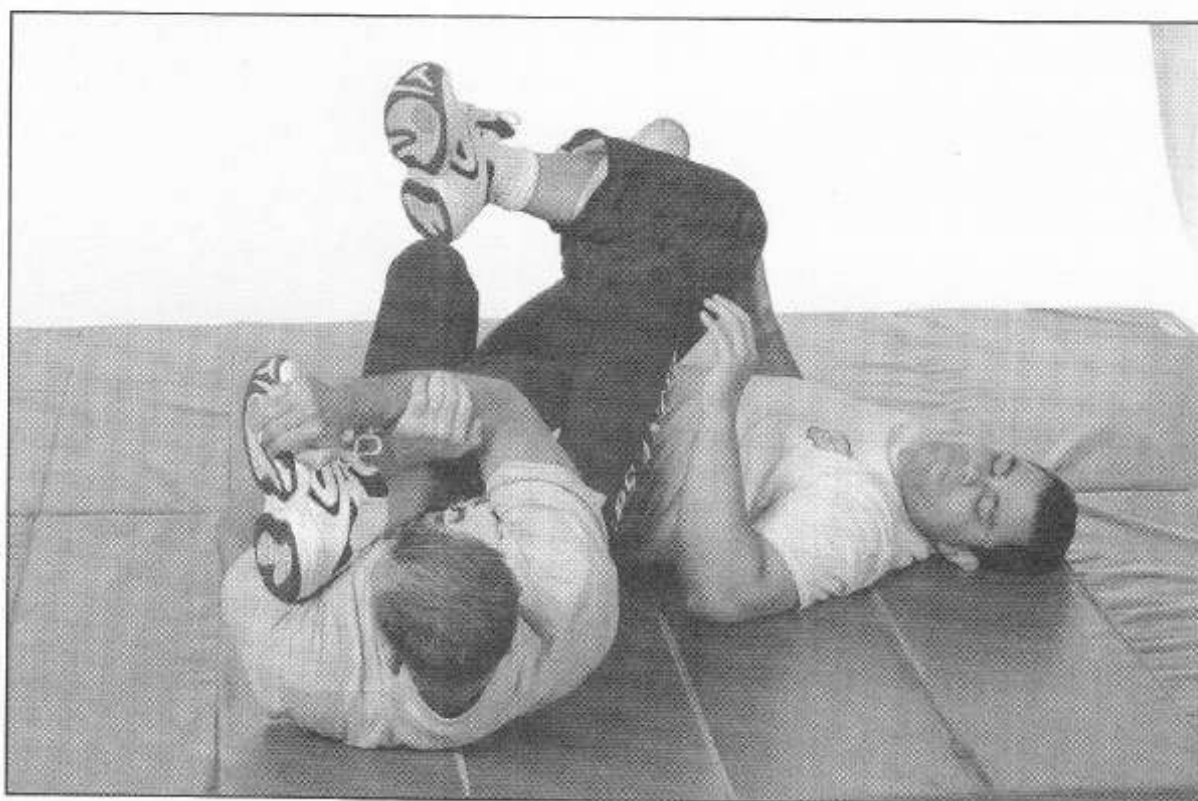
From view of the straight leg bar, notice the position of Larry's leg.

GRAPPLING METHOD DRILLS



b. Alternative finish – elbow over bar. Note: In training practice all three finishes until it become second nature.

GRAPPLING METHOD DRILLS



c. Alternative finish – figure four ankle lock.

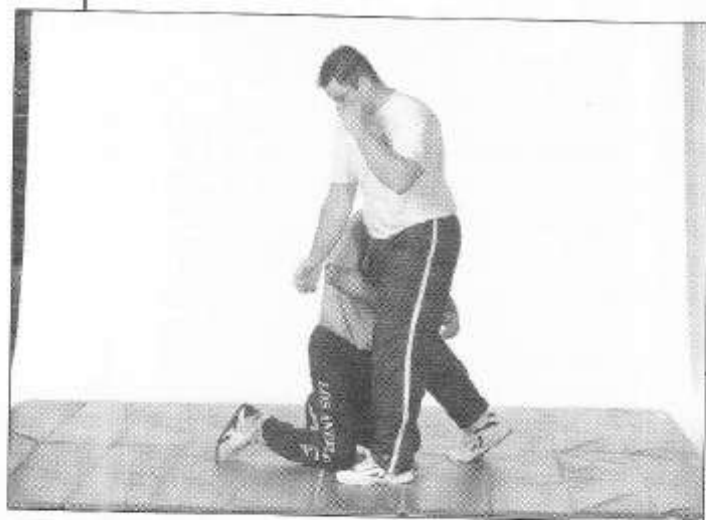
GRAPPLING METHOD DRILLS



1. Larry faces off with opponent.



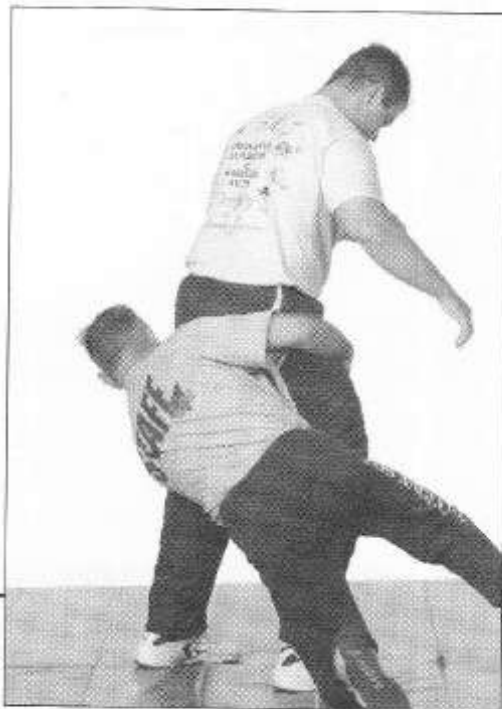
2. Larry stops opponent's right punch with left hand checking with right...



3. Drops to knees "shooting" in to single leg tackle.

GRAPPLING METHOD DRILLS

Single Leg Takedown to Reverse Hip Roll

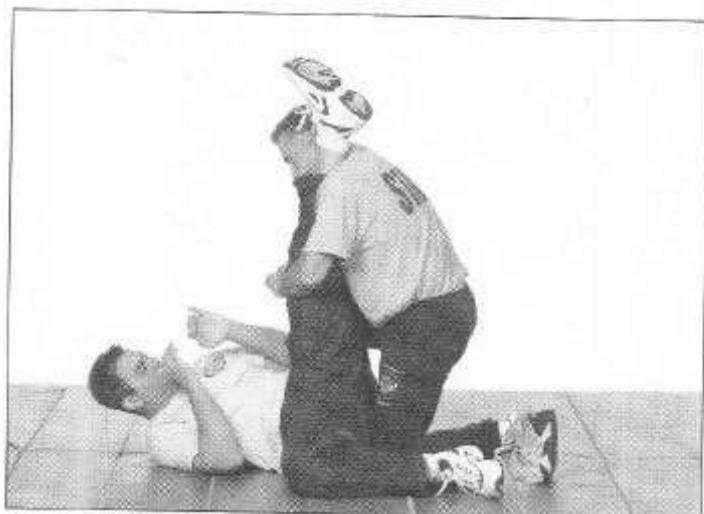


4. And slips his left leg in between opponent's leg.



5. Larry uses bodyweight to roll opponent over maintaining pressure on leg.

GRAPPLING METHOD DRILLS

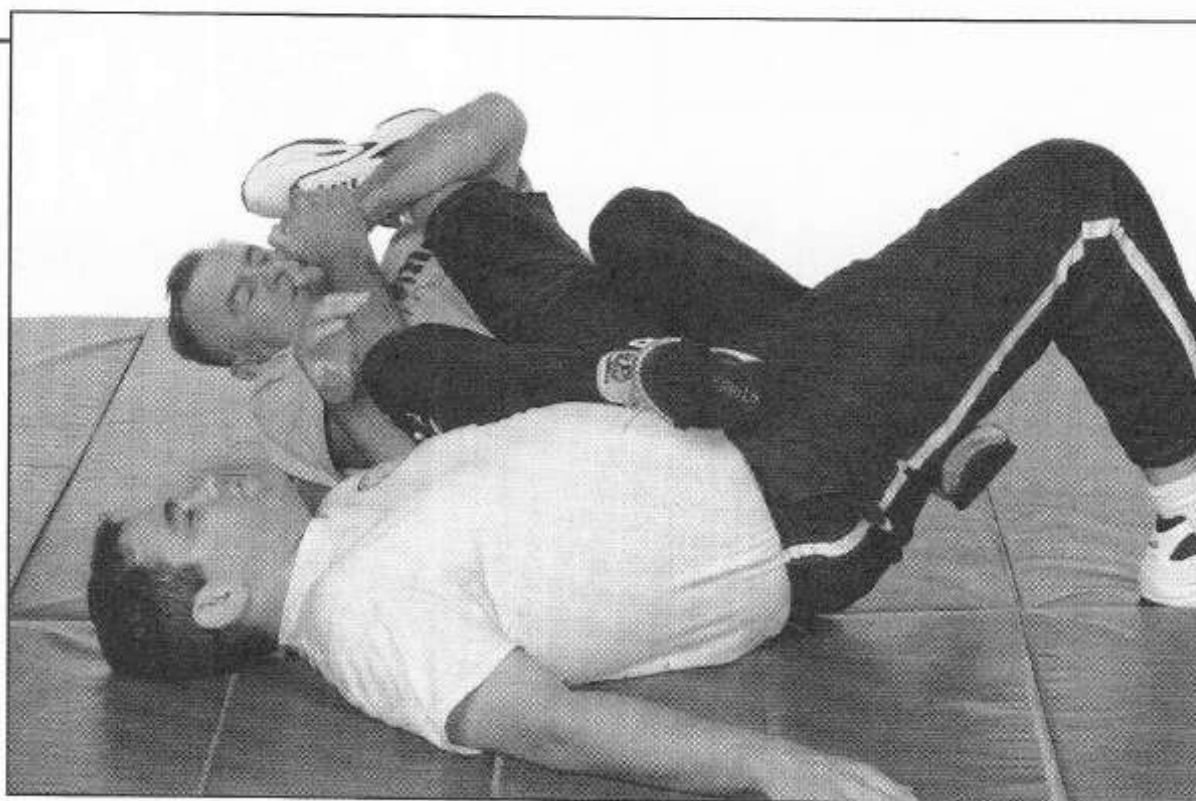


6. Continues to roll to kneeling position with straight leg single-knee lock braced against shoulder.



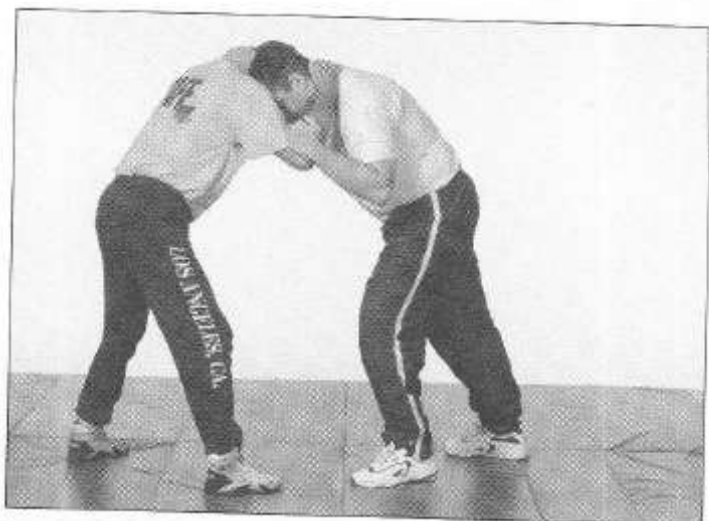
7. Larry slips right leg over opponent's left leg.

GRAPPLING METHOD DRILLS

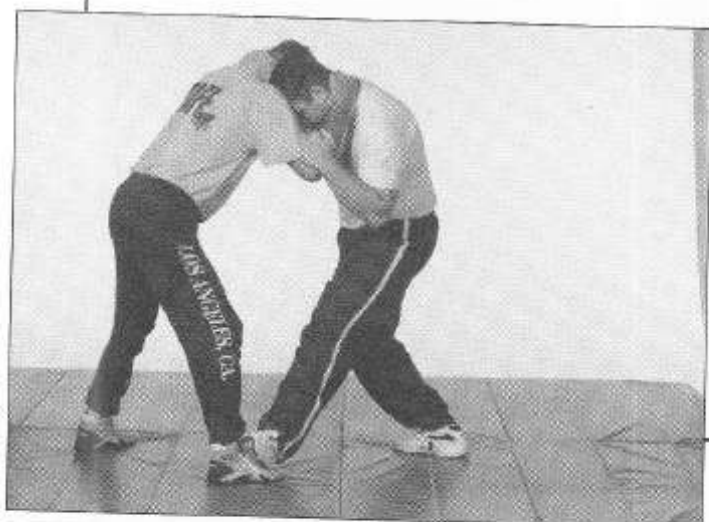


8. Sits back to knee bar applying pressure by procing the leg downwards.

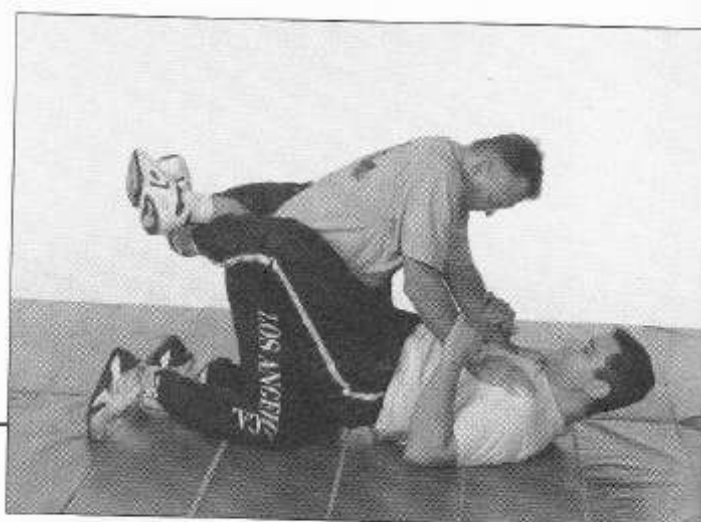
GRAPPLING METHOD DRILLS



1. Both partners in a close tie up position.



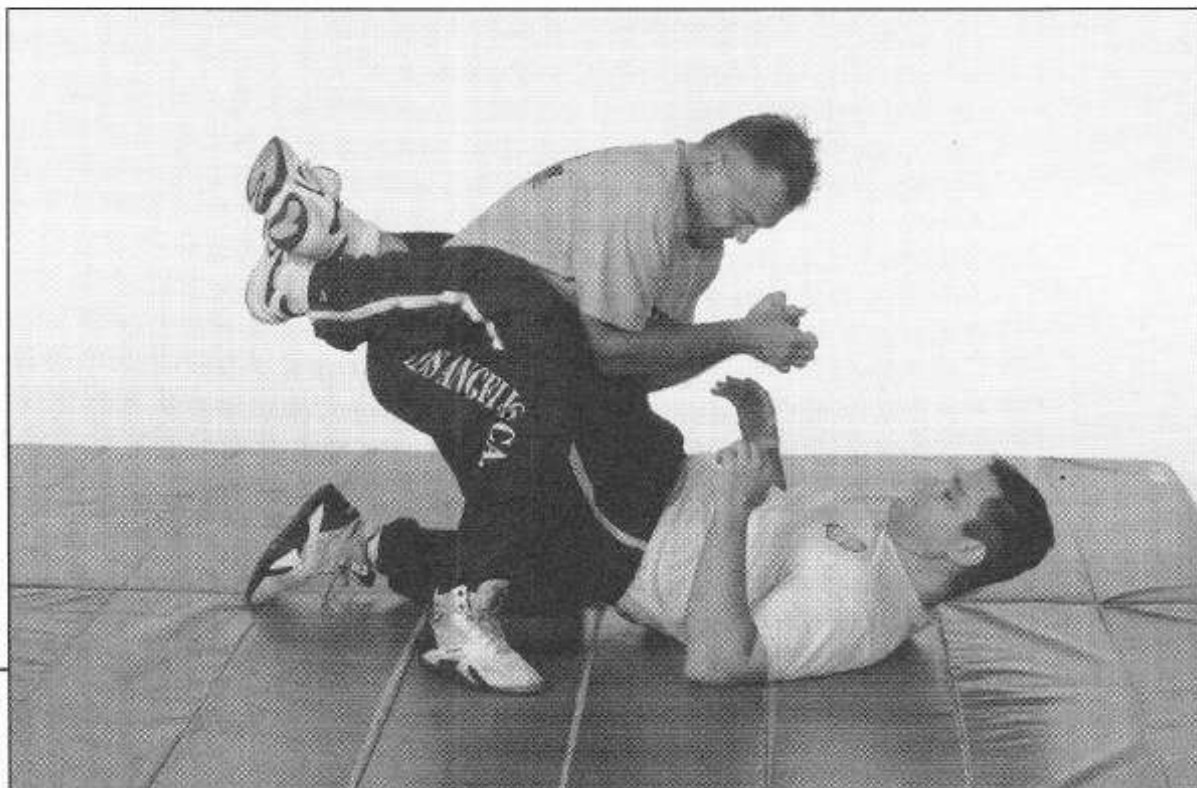
2. Opponent pulls Larry in while stepping on foot.



3. ...and pulls Larry down into guard position.

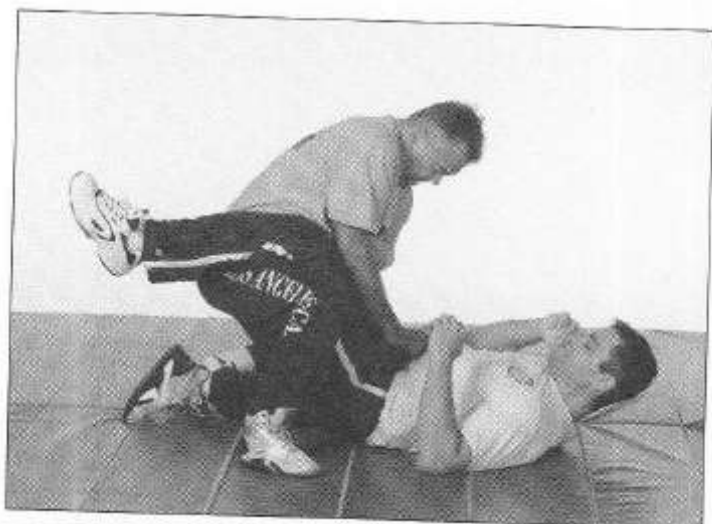
GRAPPLING METHOD DRILLS

Breaking Guard with Elbow Compression Heel Hook

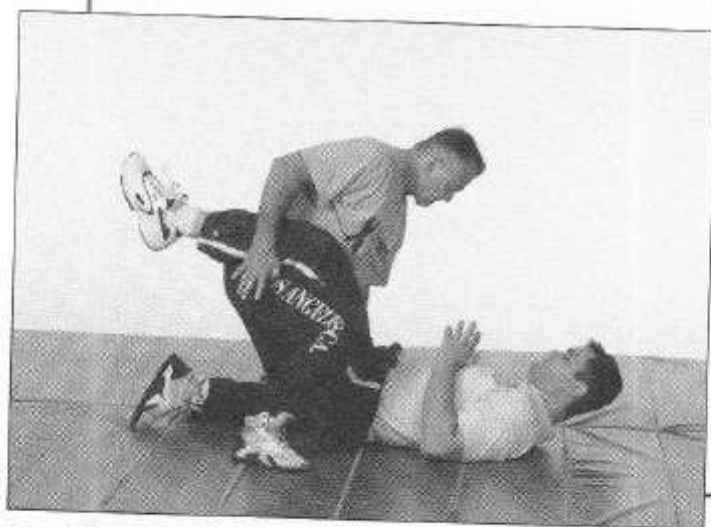


4. Larry lifts right leg while compressing elbows.

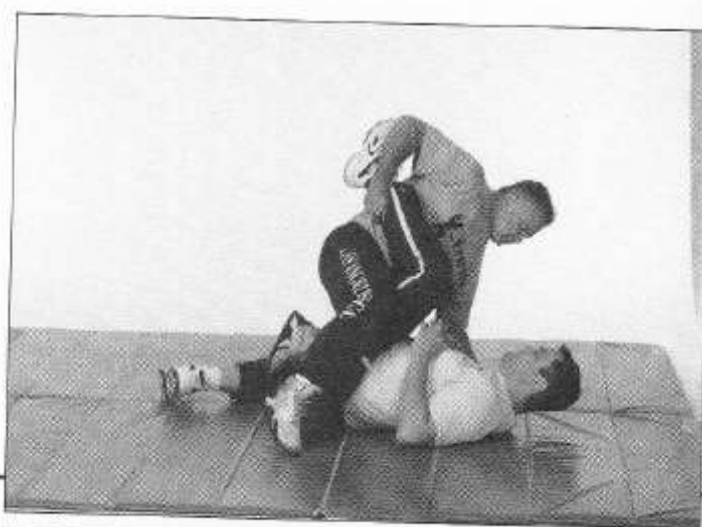
GRAPPLING METHOD DRILLS



5. ...the opponent's inner thigh with right hand to release his leg.

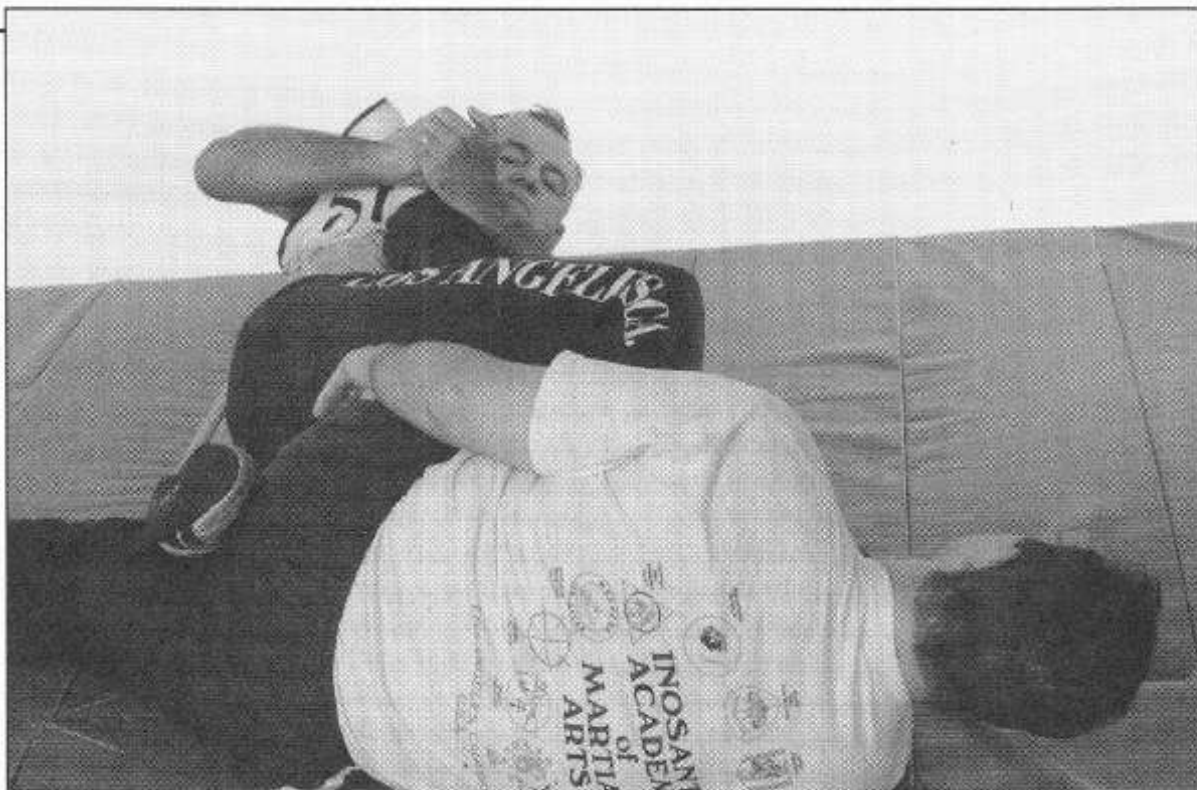


6. Then he lifts opponents right leg with his right hand and...



7. Rolls over onto left shoulder (left knee is across opponent's thigh).

GRAPPLING METHOD DRILLS

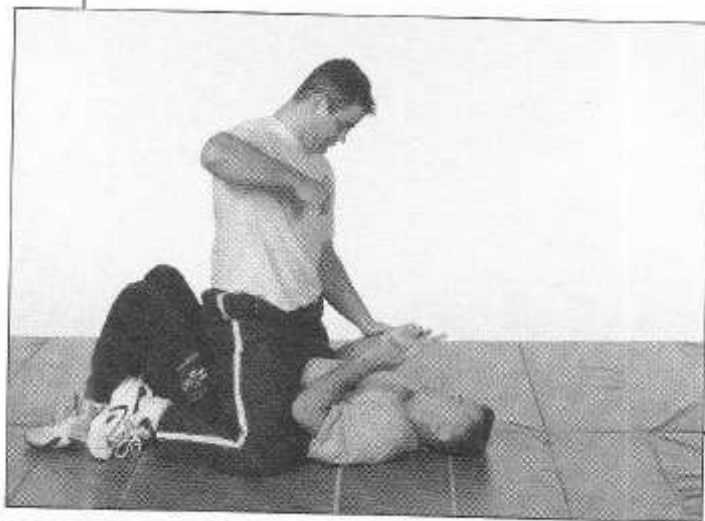


8. Larry captures opponent's ankle in heel hook hold.

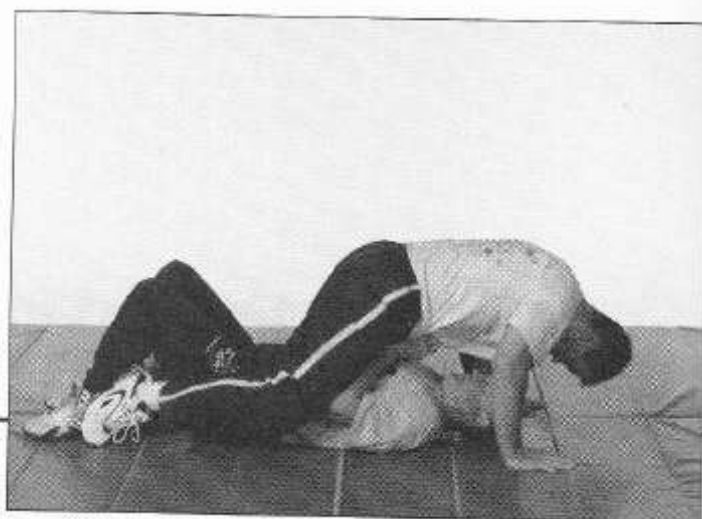
GRAPPLING METHOD DRILLS



1. Opponent is on top of Larry in the mount position.



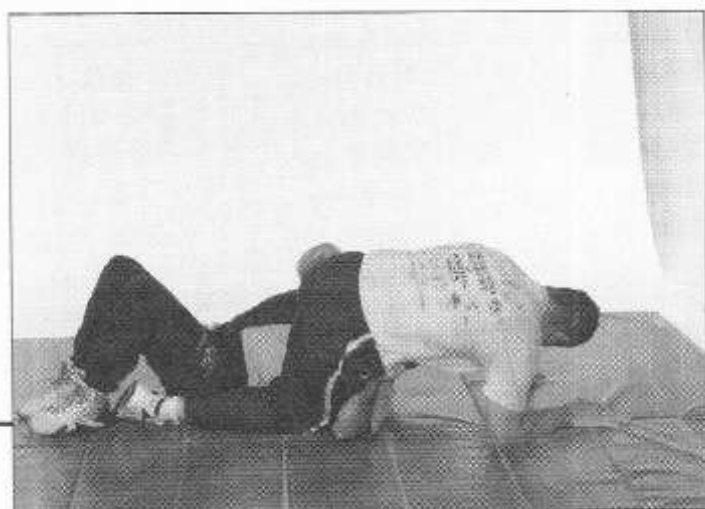
2. Opponent attempts to punch Larry.



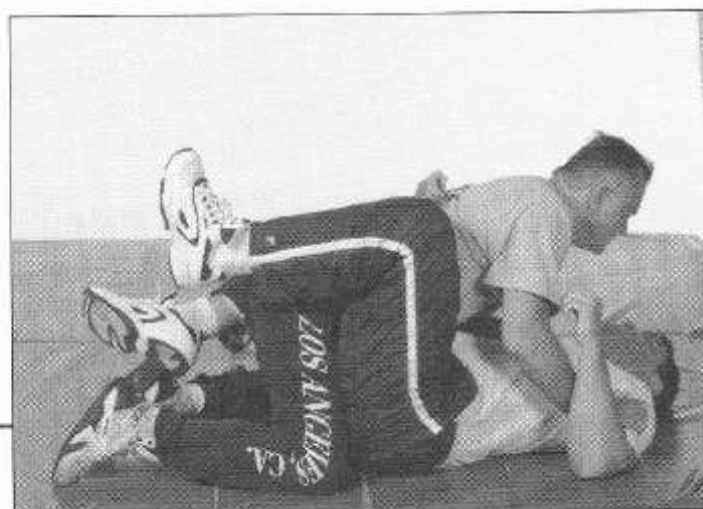
3. Larry flips his hips up, off balancing the opponent.

GRAPPLING METHOD DRILLS

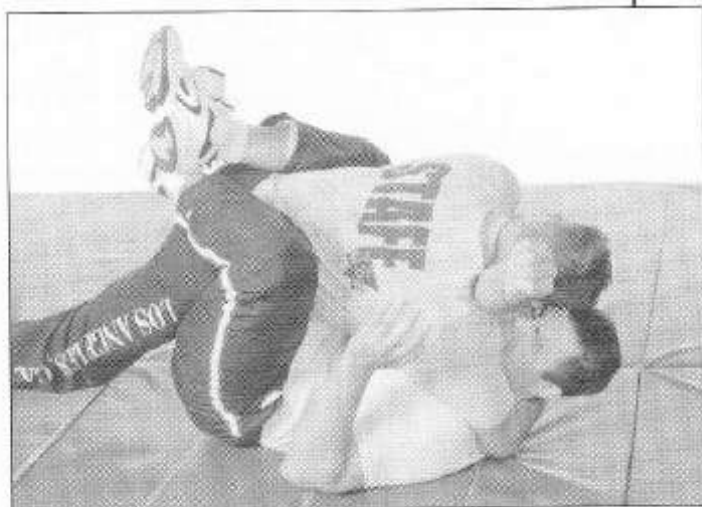
Reversing to Guard Position



4. ...and hooks the opponent's right arm with his left, turns...

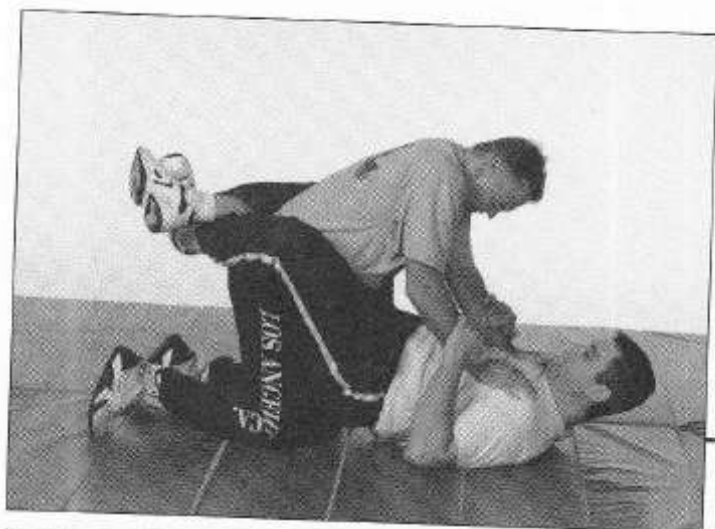


5. Over, rolling him over to end up in the guard position.

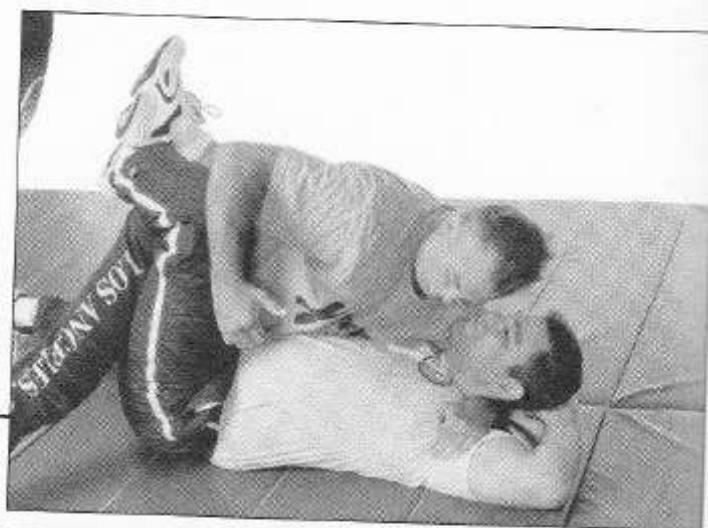


6. Larry goes for a front choke to finish.

GRAPPLING METHOD DRILLS



1. From the guard position.

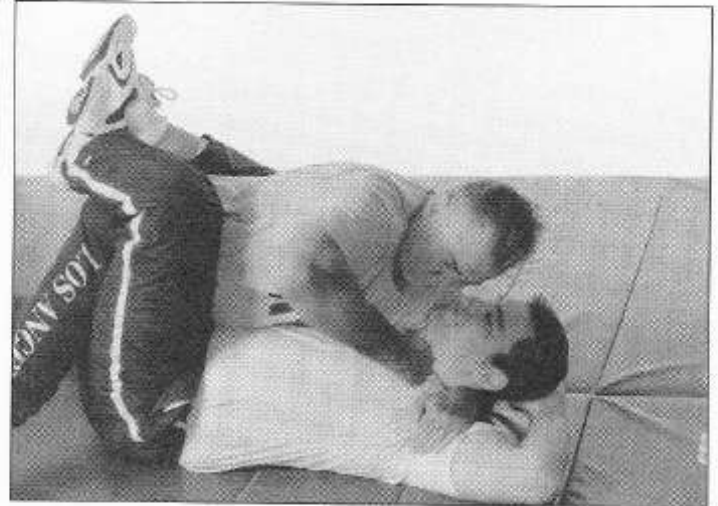


2. Reach behind opponent's neck and grasp near armpit, locking his upperarm and isolating the head.

GRAPPLING METHOD DRILLS

Hitting from The Guard

a. You can strike the neck with a punch, finger jab or elbow.



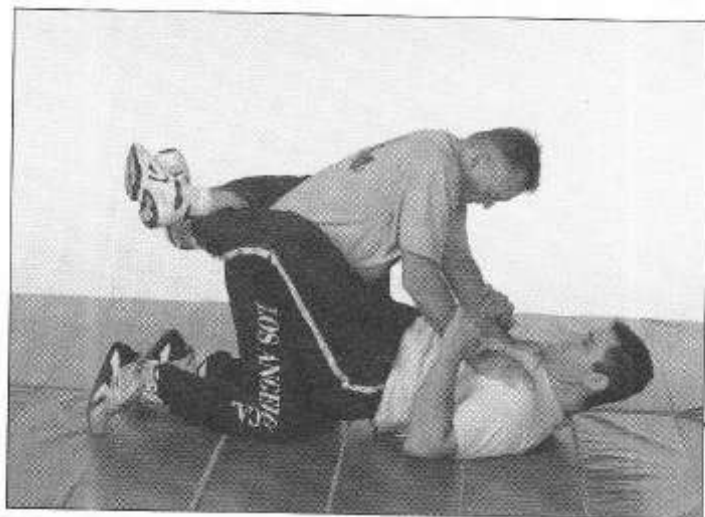
b. Punch and strike the chest area.



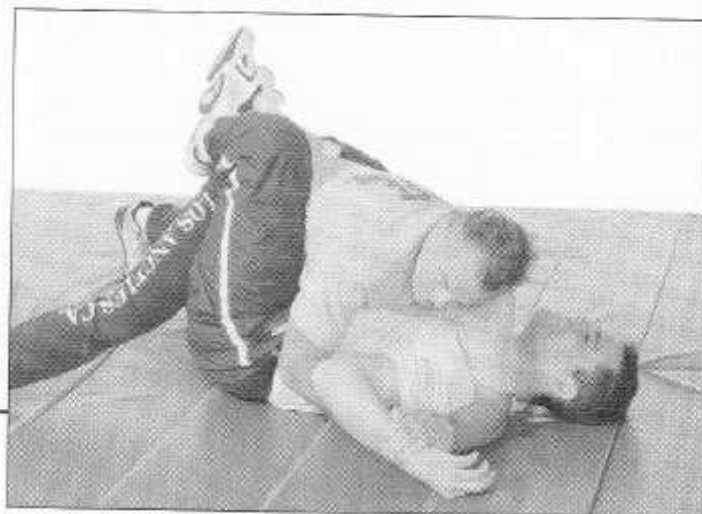
c. Punch and strike the rib cage and kidney areas.



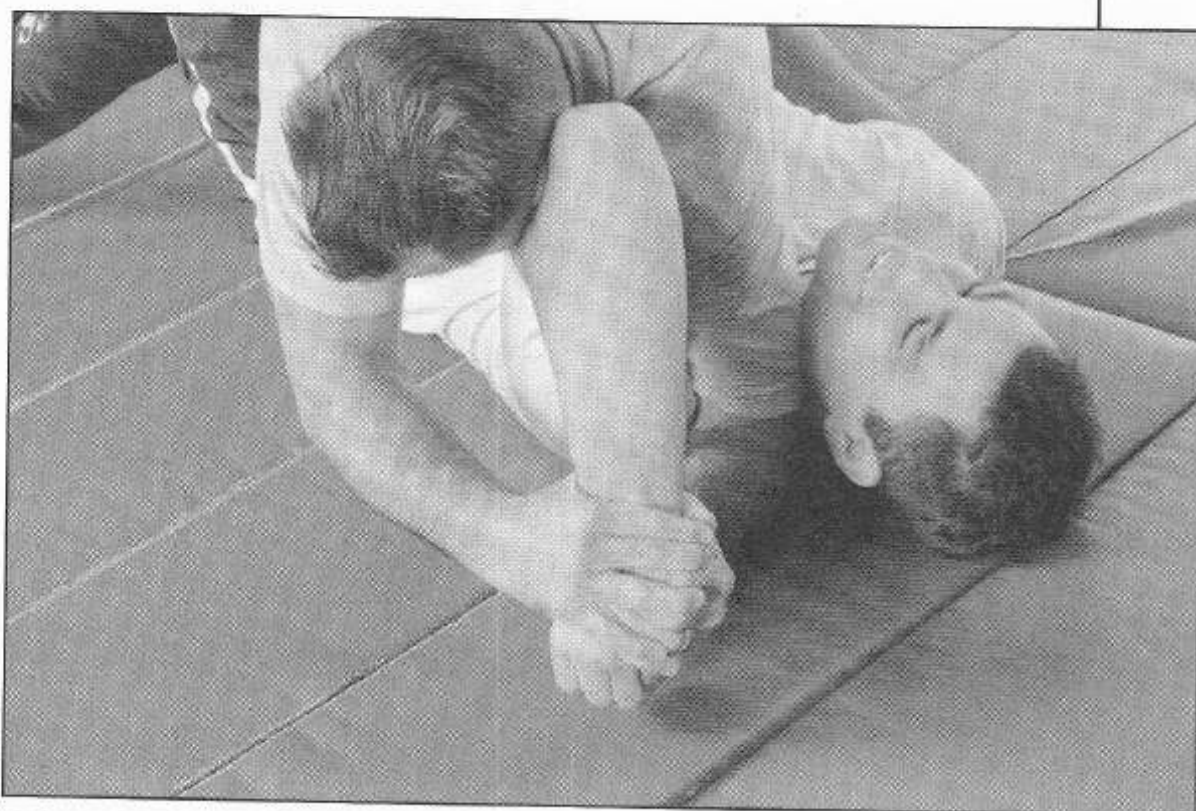
GRAPPLING METHOD DRILLS



1. From ground guard position.



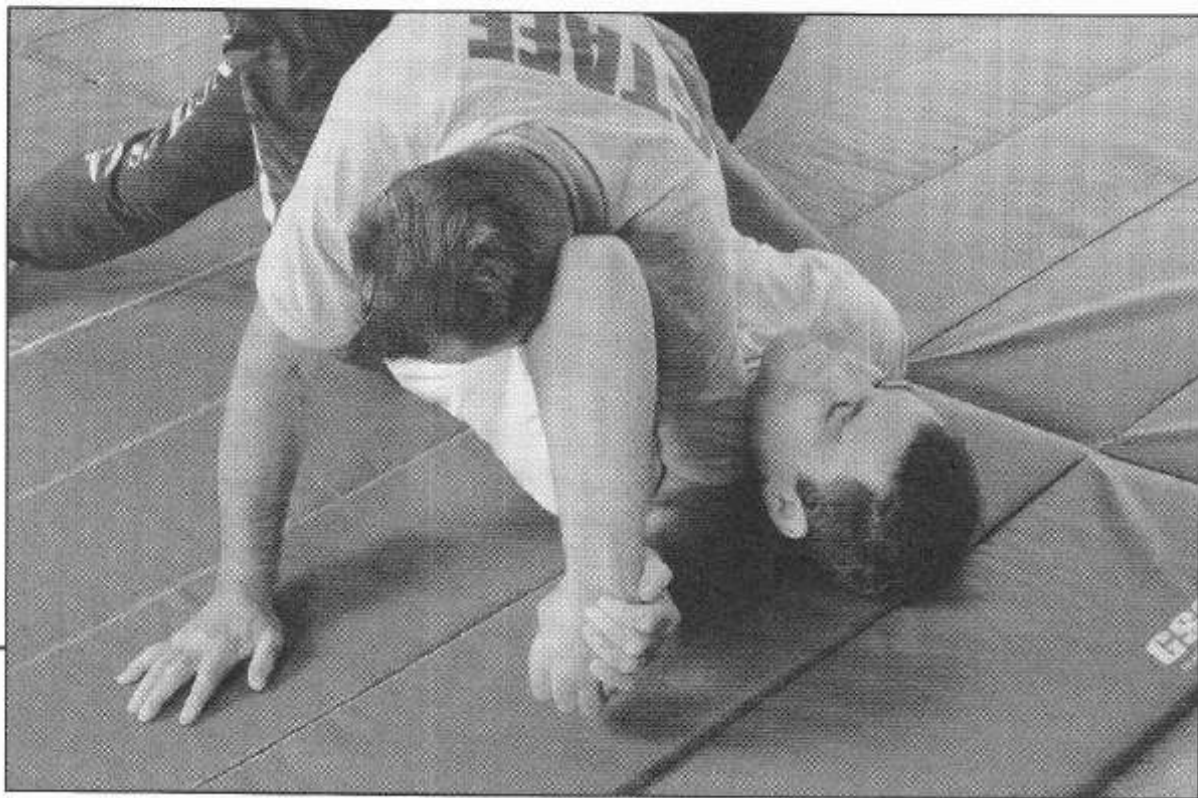
2. Larry reaches under opponent's arm to attempt figure four lock, which doesn't succeed.



3. Larry reaches over with right hand and shifts into "telephone" submission lock.

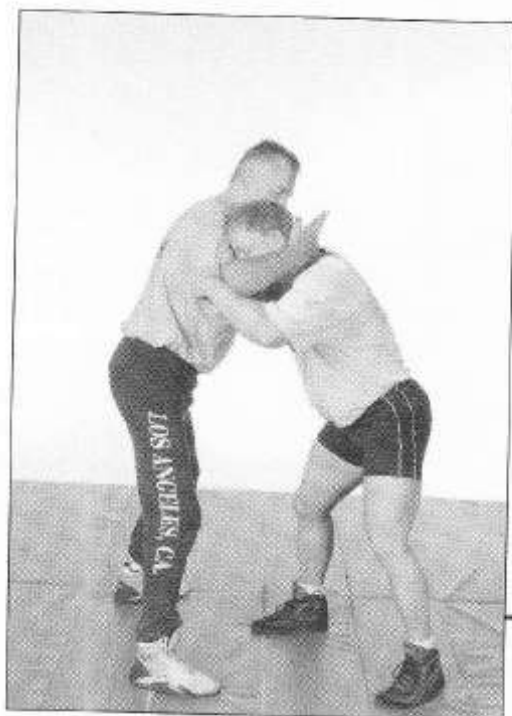
GRAPPLING METHOD DRILLS

"Telephone" Lock Submission



4. Finishing with left hand exerting further pressure on opponent.

GRAPPLING METHOD DRILLS



2. Larry rolls right arm across back of opponent's neck.



3. ...into underarm neck hook.



1. From tie up position "clinch tie up 50/50 position.

GRAPPLING METHOD DRILLS

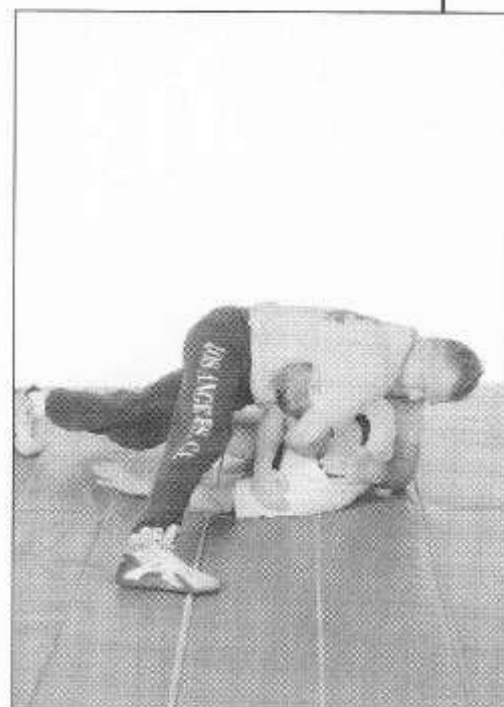
Neck Hook to Roll



4. ...with a firm strong hold on the opponent...

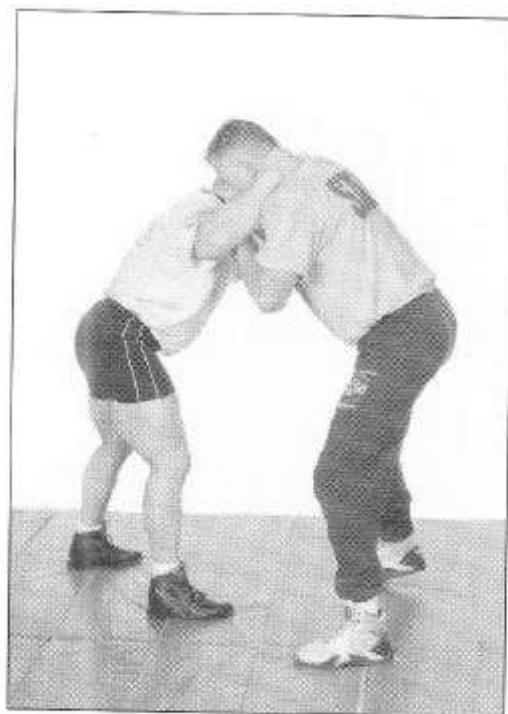


5. He then rolls to the ground kicking right leg through.

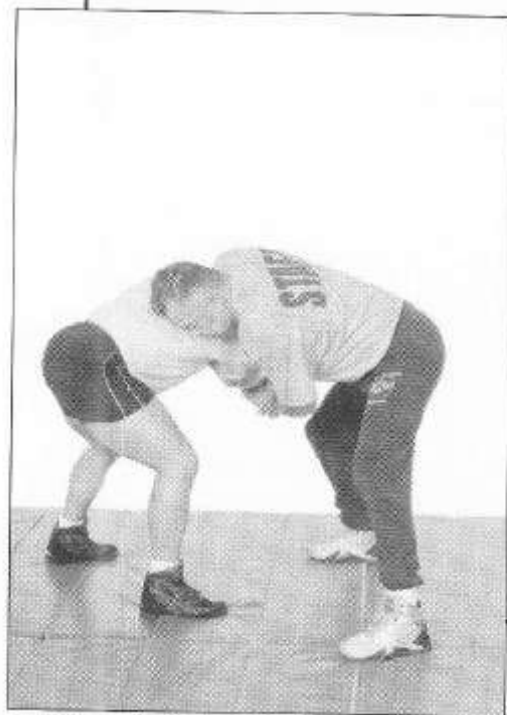


6. ...and rolling opponent to ground maintaining neck hook and bodyweight on top.

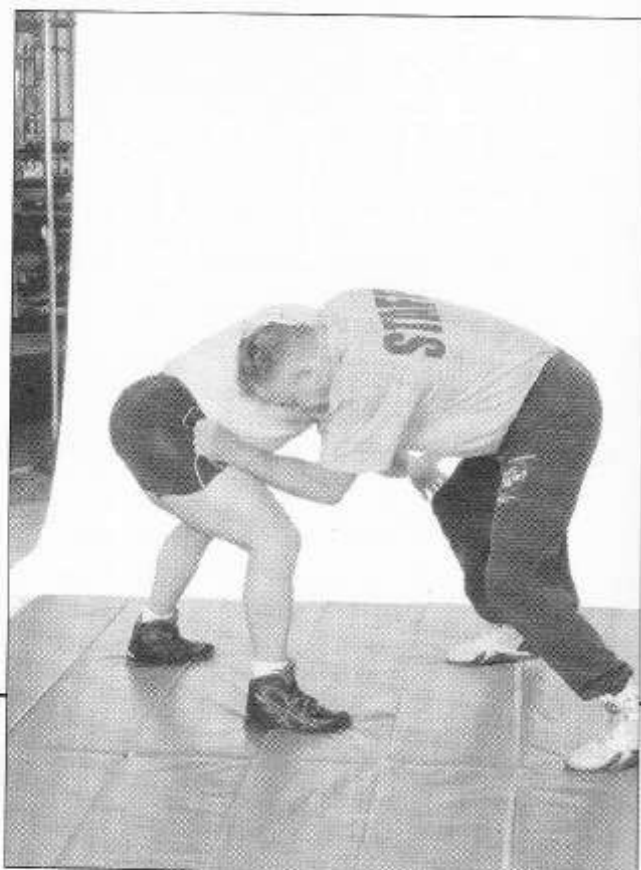
GRAPPLING METHOD DRILLS



1. From a close range clinch.



2. Opponent changes direction to tackle Larry



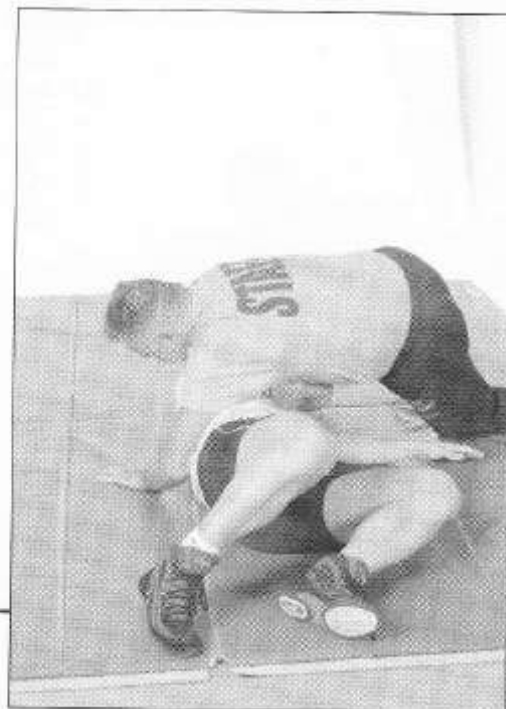
3. Larry pushes back on opponent's hip with left hand and stays just out of range of being tackled.

GRAPPLING METHOD DRILLS

Underarm Neck Lock to Overbody Roll from Tackle

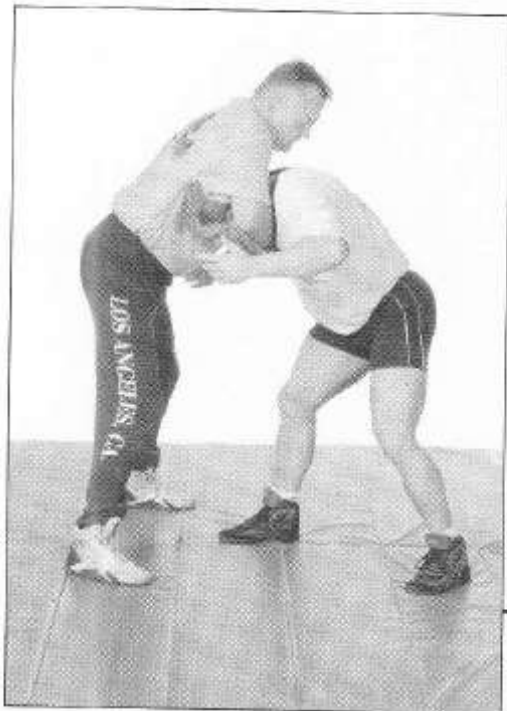


4. Having maintained a neck hold with right arm, Larry kicks left leg through as he drops, pulling him down.

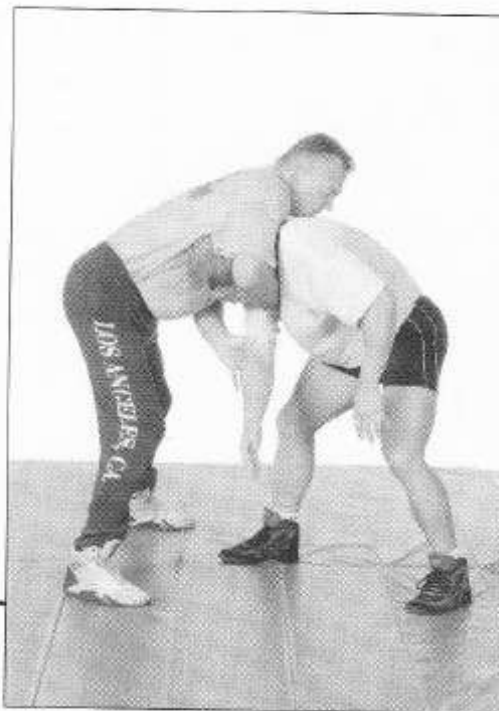


5. And continues to roll opponent onto-ground and then mounts to cross body position. Larry is in a position to knee the opponent.

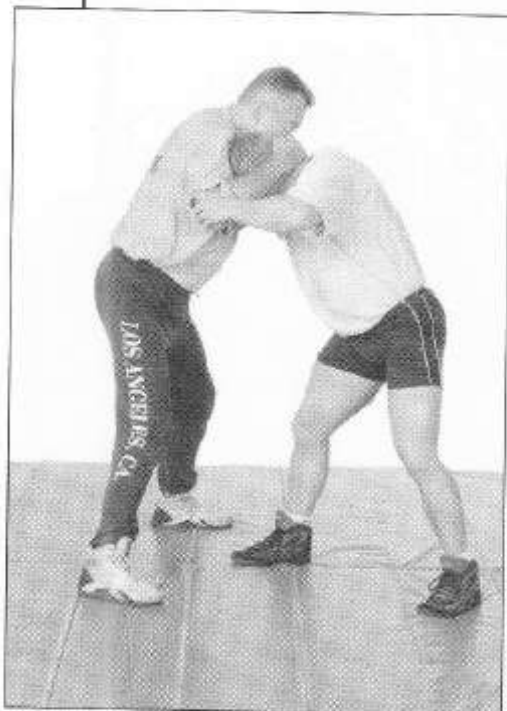
GRAPPLING METHOD DRILLS



2. Larry puts opponent's neck down bringing him into a front neck lock.



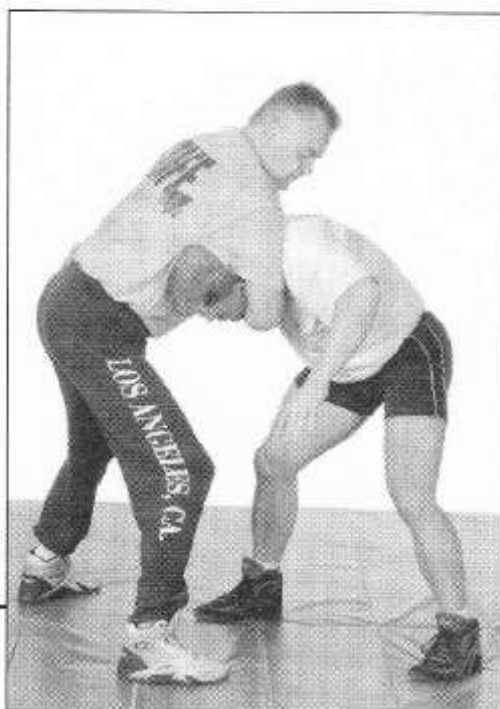
3. Using the left hand, he monitors the opponent's right arm for control



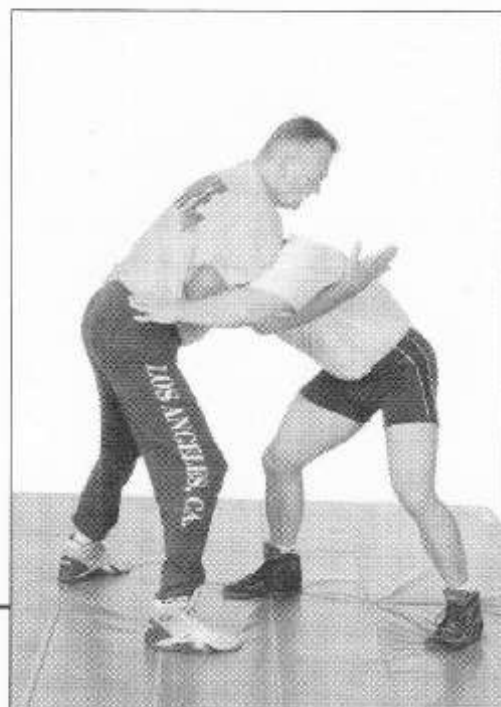
1. From tie 50/50 tie up position.

GRAPPLING METHOD DRILLS

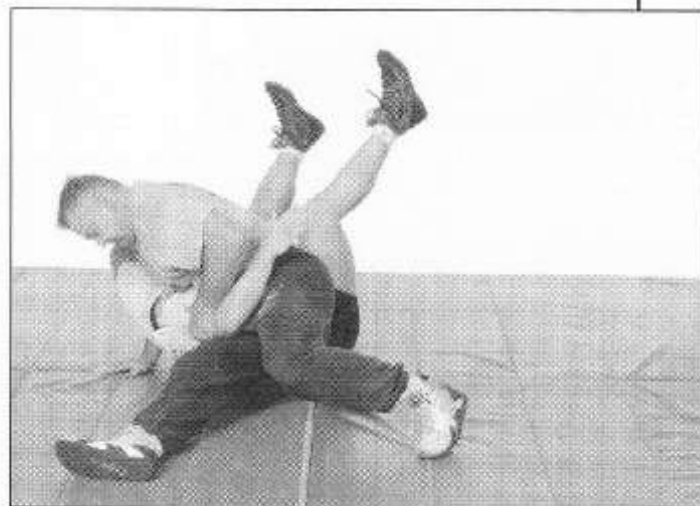
Neck Lock to Flip Throw



4. Wraps the right arm across his hip side, hooking it.

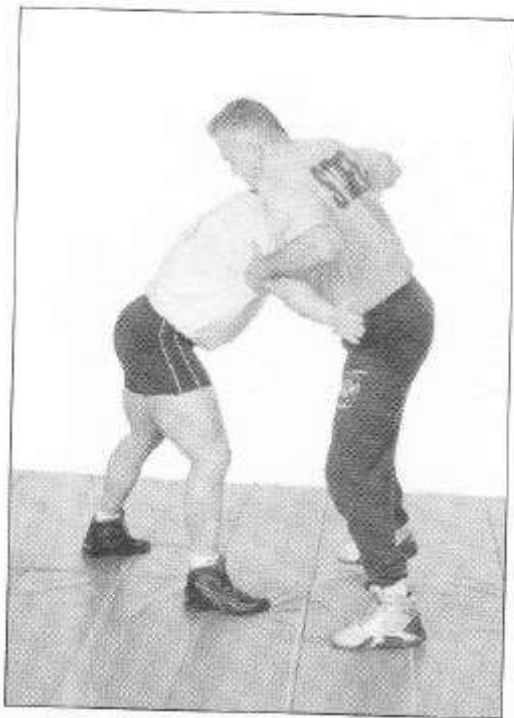


5. He flips his right arm under opponent's armpit and flips him anti-clockwise.

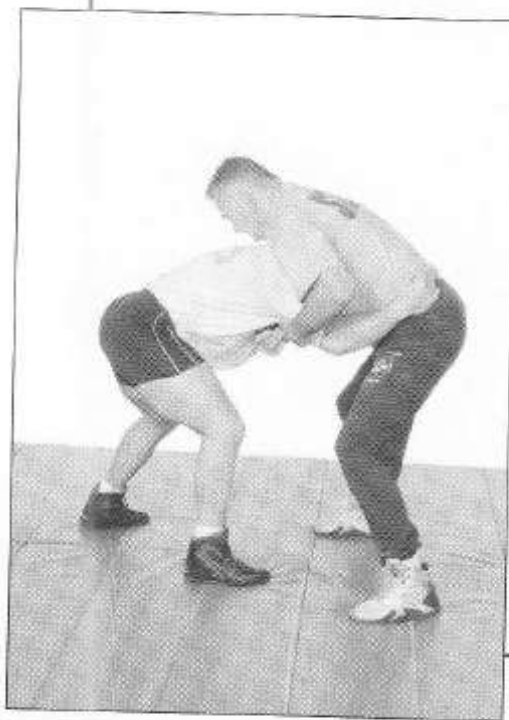


6. ...drop down to ground, and maintain the hold, apply backward pressure. (Keep knees close to his ribcage).

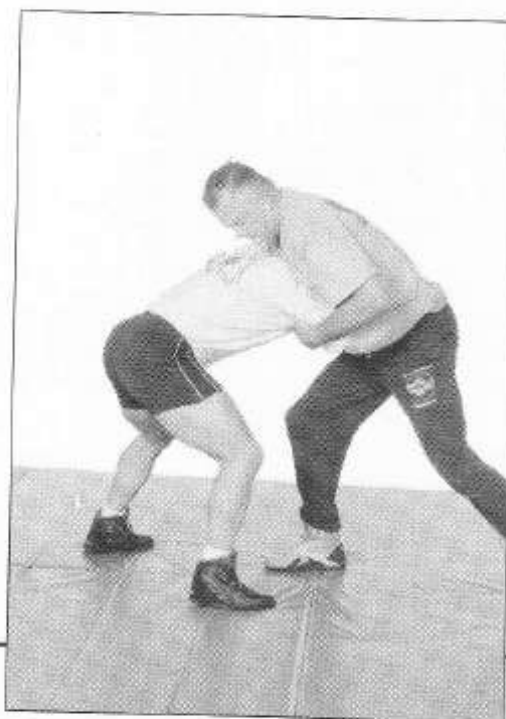
GRAPPLING METHOD DRILLS



1. Larry and opponent both wrestle to maintain control.



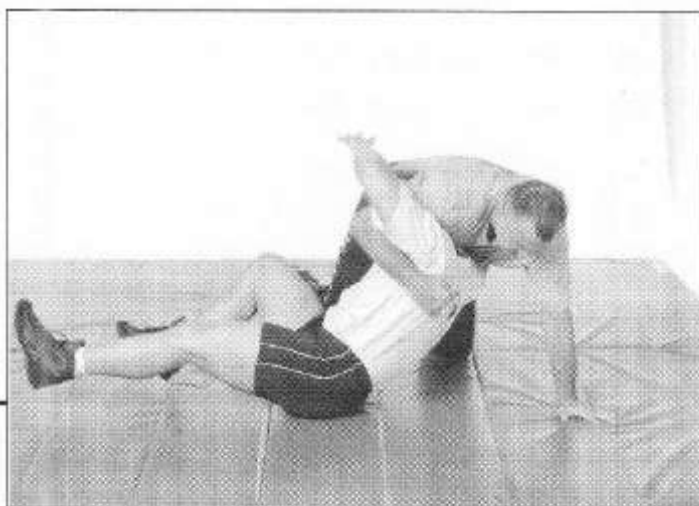
2. Opponent tries for a body tackle or a bear hug.



3. Larry under hooks opponent's right armpit and takes his right leg back 180 degrees.

GRAPPLING METHOD DRILLS

Tackle Tie Up to flip Spin Throw



4. ...and flips him over taking opponent down on to the floor.



5. Larry applies pressure by leaning against opponent's neck and pushing forward with right arm.

ARCHIVES

Q: LARRY CAN YOU TELL ME HOW YOU FIRST GOT INVOLVED WITH BRUCE LEE, YOU WERE PART OF THE LA CHINATOWN SCHOOL?

LARRY HARTSELL: Actually I met Bruce at Ed Parkers school through Guru Dan Inosanto, my instructor as of today since Bruce passed away. I met him in 1964, and at that time I was also inducted in the army and was home on leave, Bruce came by during one of the sessions I was teaching at Ed Parkers school. Bruce asked me to spar with him and I accepted the challenge, and I could not touch him, he was moving around me, tapping me, he was like a cat playing with a mouse. So I asked him if I could study with him after I got out of the army, at which time I was in Vietnam. After I got out of the army I started training extensively with Bruce, and also fighting for Ed Parker. From 1967 to 1970 I was with Bruce.

Q: CAN YOU DESCRIBE THE CORE CURRICULUM THAT BRUCE TAUGHT AT THE CHINATOWN SCHOOL?

LARRY HARTSELL: The curriculum was basically, the first part, just to break it down very quickly was very physical conditioning for the stomach, gripping conditioning, straight blast punching conditioning, timing drills for like the paksau the trapping drills and the kicking range back in the boxing range and trapping range. A lot of bag hitting, etc, etc, and a lot of the time we use(d) the old navy face guard mask, 14 ounce boxing gloves and body armour and we sparred and we put on baseball (laughs) shinguards where we could kick low line in the leg.

Q: YOU WERE ONE OF A FEW SELECT STUDENTS THAT ACTUALLY TRAINED WITH BRUCE AT HIS HOME, CAN YOU REMEMBER WHAT THESE SESSIONS CONSISTED OF?

LARRY HARTSELL: A lot of these sessions consisted of, what Bruce was into at that time, a lot of the time we would hold the football shields for the side kick, the hook kick, doing a lot of kicks and just, people always ask me how hard could Bruce do a side kick. At that time my weight was approximately 225 pounds, I was a power lifter and I wouldn't jump back from Bruce's kick, but when he kicked he would hit the air-shield so hard it would whiplash my neck back (laughs) , and I used to wonder why I have a headache after holding the airshield bag for Bruce Lee (laughs).

Q: YOU TEACH AT YOUR HOME ON A ONE ON ONE BASIS ONLY, BRUCE BELIEVED IN TEACHING JKD TO SMALL GROUPS, SHOULD THE AIM OF THE JKD COACH BE SIMILAR TO A BOXING COACH – TO CULTIVATE THE STUDENT ON ALL LEVELS – PHYSICAL, TECHNICAL, AND TACTICALLY AS WELL AS PHILOSOPHICALLY?



Author's senior full instructor certificate making him the only senior full instructor under Dan Inosanto.

LARRY HARTSELL: Yes I believe in that, at my home I only take up to six students, six to eight students, and usually my private intensive training programs at my home where people fly from England, Germany and all over the world to train with me. They train three-four days, I work with them individually, because I believe a coach should have a personal knowledge of his students psychologically, his physical condition, what I mean by physical is height, his weight his attitude towards his fighting what kind of fighting would be better, like you can never teach a short fighter to how to fight like a tall fighter. In other words in my opinion you have to be a very good trainer and coach, its like trying to teach Muhammad Ali to bob and weave and fight like Joe Fraizier (laughs) because of the height difference the aggressiveness, the personalities all of this comes involved in play.

Q: OF COURSE NOW MORE AND MORE PEOPLE KNOW BRUCE'S ART CONSISTED OF PHYSICAL, TECHNICAL, MENTAL AND PHILOSOPHICAL COMPONENTS, IS IT IMPORTANT TO HAVE THIS BALANCE IN ORDER TO FULLY APPRECIATE JKD?

LARRY HARTSELL: I think so yes definitely, you have to have all the above and, more and you must understand different people have different attitudes towards training. Some people you have to really push them to make 'em train hard to be in top physical condition especially if it comes to a fight, no holds barred fight, vale tudo, even in boxing its very mental and physical but some people are natural you do not have to push 'em you use little psychological coaching tricks to get them to push themselves more, get it out of them, so I think all the above comes in to play its very important.

Q: BRUCE WAS PROPAGATING THE NECESSITY OF BASIC TRAINING LIKE CONDITIONING, SUPPLEMENTARY TRAINING, EQUIPMENT TRAINING, DO YOU NOW DEVELOP ATTRIBUTES. COULD THIS BE CONSIDERED AS THE VITAL INNER LAYER

WHICH GIVES YOU AN EDGE AS A FIGHTER?

LARRY HARTSELL: Well, at that time Bruce was far ahead of his time in this area, he was doing things which are now called plyometrics. Constantly experimenting ways to push his body differently, harder and trying new concepts which have now come into a lot of pro football camps, training boxing gyms, what not. He instigated the use of focus gloves different tenets like that, he did propagate you to push yourself to the fullest.

Q: WHAT WAS BRUCE'S FAVOURITE TRAINING APPARATUS?

LARRY HARTSELL: Bruce's favourite training apparatus wasn't exactly one, of course he's very well known for his mook jong training, but he also (was) into the weights, the heavy bag, the airshield, kicking the airshield many many different apparatuses. He had James lee to build him a kicking machine...he had a head lock machine to practice his headlock to squeeze so he could develop the muscles necessary to squeeze the head, face crank or a side headlock or front face lock, so I think...he was constantly experimenting...

Q: WITH DIFFERENT APPARATUS?

LARRY HARTSELL: With different approaches to training so I wouldn't say one over the other.

Q: IT IS COMMONLY KNOWN BRUCE GAVE EACH STUDENT A SUPPLEMENTARY TRAINING PROGRAM. WHAT ELEMENTS WERE EMPHASISED ON YOURS.

LARRY HARTSELL: On mine, I was one of the only students that actually fought a full contact fight for Bruce in the Chinatown group. He gave me a lot of different ways doing roadwork, running uphill, sit ups, sparring to shadow kickboxing, heavy bag work, spar as much as I could, he also really trained me on my kicks properly to hit properly, and certain grappling techniques mostly which I increase through Dan Inosanto to this day.

Q: O. K, AT THE TIME OF TRAINING WITH BRUCE WERE YOU ALREADY INTO GRAPPLING?

LARRY HARTSELL: Yes , I had a few years in judo experience, and I was a wrestler in high school, amateur wrestler in high school.

Q: LATELY GRAPPLING HAS BEEN THE IN-THING, YOU'RE THE FOREMOST AUTHORITY ON JKD GRAPPLING, IT'S INTERESTING TO KNOW WHERE BRUCE GOT HIS GRAPPLING CONCEPTS FROM.

LARRY HARTSELL: I wouldn't say I am the foremost authority, but I at the time even before everyone, a lot of people came along I was doing the grappling because I knew from being a doorman, a deputy sheriff at one time and...grappling was necessary. Two people clinch, they take the fight to the floor unless the guys a good boxer or can stay away. Most fights end up in a clinch or some type of grappling-preceding a throw and a takedown, and Bruce got his grappling from Gene Lebell, Hayward Nishioka who was at that time in the sixties a California judo champion, got his locking from Wallay Jay, studied silat under a guy named John Ritter I could be wrong on that, he studied with many different people in grappling in exchange.

Q: WHAT DID HE THINK OF WESTERN WRESTLING?

LARRY HARTSELL: Western wrestling wasn't his...

Q: HIS CUP OF TEA?

LARRY HARTSELL: His cup of tea, his cup of tea was he actually . . the Indian grappling he had one guy he had a book on called garma who was a world champion then. And he died I think in the nineteen twenties of cancer but he was one of maharashis champion Indian grapplers, huge guy, and they used to fight in dirt pits and Bruce admired that style of wrestling.

Q: JKD GRAPPLING IS GEARED TOWARDS THE STREET AND NOT FOR COMPETITIONS RIGHT?

LARRY HARTSELL: We, what people don't know that Bruce was actually going to take it, before he passed away he had plans to take jeet kune do to sort of like the UFC type rules into kickboxing range takedown to submission. That never came across, never bought that out, that was sort of kept secret art that time.

Q: DO YOU THINK BRUCE WOULD HAVE EXPANDED ON GRAPPLING TECHNIQUES HAD HE LIVED?

LARRY HARTSELL: Knowing Bruce he would have expanded on everything (laughs).

Q: (laughs)

LARRY HARTSELL: he was very much involved in the filipino martial arts with Guru

Dan Inosanto as you saw in Enter The Dragon...the double stick, the staff, the nun-chaku, he's also very well experienced in weapons that he was learning at the time too.

Q: CAN YOU DESCRIBE YOUR WEEKLY PERSONAL TRAINING PROGRAM?

LARRY HARTSELL: Usually I'm at with Guru Dan Inosanto and...you talking about the Bruce Lees?

Q: NO. no, yours.

LARRY HARTSELL: My weekly daily program usually consists of having one of my students come over, working at least twelve to fifteen rounds of Focus Gloves, what I call minute drills, different combinations. Also I do a lot of heavy bag work, I do a lot of what we call on the floor bag



drills for the leg conditioning, for my weights I only do five sets-four sets heavy and then the last set is one-minute drills 20 to 40 pounds as many reps as you can get and that really hurts the shoulders, I mean sometimes I beat 60 seconds by getting 60 seconds reps from 40 pounds just what we call blow-outs, then I do hammer curls for my forearms and anytime I'm driving I keep a gripper so if I'm at a red light I do different types of grips to work my forearms. I try to get a thousand grips in a day for my forearms and the other things I do is the neck bridge with my neck, rolling around with some of my students wrestling, practicing different holds and just in general just a lot of things that pertain to the martial arts I think that help me physically.

Q: I KNOW YOU HAVE LETTERS AND DIFFERENT STUFF LIKE TRAINING EQUIPMENT FROM BRUCE, WHAT IS YOUR MOST PRIZED POSSESSION BRUCE GAVE TO YOU?

LARRY HARTSELL: I have one of his original makiwaras, it's a strawpadding that he put straw around a stick. He would sit down and watch TV he conditioned his last three knuckles (hits his fist in to his palm) he knows he has callouses, he said he had the power and speed now he wants to put the callouses on the knuckles...that's one of my most prized possessions.

Q: CAN YOU TELL ME ABOUT YOUR JUN FAN JEET KUNE DO GRAPPLING ASSOCIATION?

LARRY HARTSELL: My Jun Fan Jeet Kune Do grappling association is to perpetuate the Jun Fan concepts of Bruce Lee at that time, also the main emphasis is on what Bruce was working on before he passed away, his grappling moves, he had 33 grappling moves, and to give those people credit that helped him in that time, and to have people ranked under me in the Jun Fan Jeet Kune Do grappling association apprentice

level and on up. They get it from an original student of Bruce Lee like myself, guru Dan Inosanto what not. So the purpose is to keep his art alive and place main emphasis on the grappling issues the trapping and grappling and the four, his four basic ranges kicking range, boxing range, trapping range and grappling range. That's what I try to emphasise.

Q: MOVING ON, HOW DID YOU GET INVOLVED IN BODYGUARDING HOLLYWOOD MOVIE STARS SUCH AS THE FAMOUS MR T?

LARRY HARTSELL: Well I got involved through one of my students Cliff Stewart whose a good friend of mine. He used to, hire me to be a bodyguard to such notorious people as Larry Flint of Hustler magazine, I've worked with MR T of THE A

TEAM which was one of my favourite times because MR T was a great man to work for on the A team, and I've worked for various sheiks from saudi Arabia as a personal bodyguard, different people in Beverly Hills etc.

Q: DID BRUCE EVER TALK TO YOU ABOUT ANY OF HIS MOVIES?

LARRY HARTSELL: Yes he did, I have one letter from Bruce he was telling me about the Franciscuss series he was doing with....

Q: JAMES FRANCISCUSS?

LARRY HARTSELL: Yes...

<u>1-7 STOMACH EXERCISES</u>			
1) Waist Twists	4	SETS OF	70
2) SIT UP TWIST	4	SETS OF	20
3) LEG RAISES	4	SETS OF	20
4) LEANING TWIST	4	SETS OF	50
5) FROG KICK	4	SETS OF	
<u>1-7 FOREARM EXERCISES</u>			
1) UNDERHAND WRIST CURL	4	SETS OF	17
2) OVERHAND WRIST CURL	4	SETS OF	18
3) LEVERAGE BAR CURL (A)	4	SETS OF	15
4) " " " (B)	"	"	"
5) REVERSE CURL	"	"	6
6) WRIST ROLLAR	4	COMPLETE RECKONINGS	
7) LEVERAGE BAR TWIST	3	SETS OF	10
<u>1-7 PUNCHING EXERCISES</u>			
1) STRAIGHT PUNCH WITH WEIGHT	3	SETS OF	
2) Elbow straight punching	2	SETS OF	
3) ENTERING	"	"	"
4) Elbow elbowing	"	"	"
5) Elbow knocking	3	SETS OF	
<u>1-7 STAMINA/AGILITY TRAINING</u>			
1) Alternate sprints	3	SETS OF	20
2) Jumping Squat	3	SETS OF	10
3) Skip Rope	3	SETS OF	MINER
<u>1-7 GRIP TRAINING</u>			
EVERY CHANCE - DAILY			

Original supplementary training program written by Bruce Lee for his personal students.

Q: LONGSTREET?

LARRY HARTSELL: The longstreet series he was talking about, very interesting, he was going to do a lot of his philosophy and training on that program, showing some of his stuff.

Q: HAVE YOU EVER DONE STUNT WORK OR WORKED IN THE MOVIE INDUSTRY?

LARRY HARTSELL: No, not for pay. Brandon Lee actually came up, I worked for Brandon Lee for hours before showdown in little Tokyo on different leg locks, heel holds and stuff that, if you notice at the end of the movie he reverses the leg lock and that is some of the things I showed him. That was the only thing I've done. I also helped Dan Inosanto with, what's his name, Charles Durning, I've worked with him, basically that's the only two because I've never really placed emphasis on it, if they want it I'll do it, you know.

Q: YOU'VE AUTHORED TWO CLASSIC JKD BOOKS ON GRAPPLING IN THE EIGHTIES WHICH I MUST ADMIT ARE ONE OF THE MOST PRACTICAL BOOKS, YOU'RE WORKING ON A NEW PROJECT WHAT MORE INFORMATION CAN WE EXPECT?

LARRY HARTSELL: In the new book it will be, my experience over forty years of what it takes to develop conditioning for the martial arts especially your grappling range, your Boxing what not. These exercises can help any martial artist in any style. There's one thing I really like what Vince Lombardi said "The team makes cowards of us all" that's where the conditioning has to be there. Another great saying I like is "if all is equal strength will tell" that means if my techniques the same as your technique, if I'm in better condition I'll probably win. You see that a lot at the UFC fights, the stronger man, the bigger man, will win, if he has the same skill level as the other person as well. So I think on the inside of the book I'm publishing will show the various things you can do for conditioning, for your grappling, some (of) the grappling moves, how you can utilize your focus gloves, free exercises conditioning for the legs floor dummy, the focus glove conditioning, and many other things might surprise you (smiles and claps)

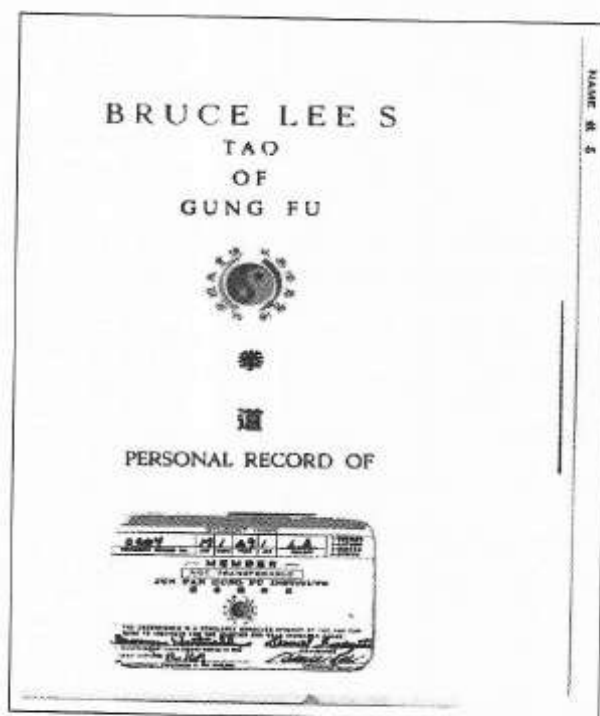
Q: OK (laughs) BRUCE DIED OVER TWENTY EIGHT YEARS AGO, WHAT ARE YOUR HAPPIEST MEMORIES WITH ONE OF THE GREATEST ICONS IN THE WORLD?

LARRY HARTSELL: My happiest memories are of being around Bruce and talking about martial arts, a lot of times he had his old training films of...Marciano, he really loved Muhammed Ali's footwork and we used to go up and watch these movies but he would put em on a mirror so it looked like he's fighting right side forward instead of

left side forward, like the strong side forward, and those were good memories just hanging out. I used to take him to bookstores in Beverly Hills and he, sometimes he'd pay four hundred dollars for an old book on a gentleman's self-defence published in seventeen hundred and something, and just, mainly training with him was just great. He had a lot of charisma he made you want to bring out your best, you really wanted to impress him, and he was a very good friend.

Q: GOOD LUCK WITH THE BOOK, I HOPE IT'S A BESTSELLER, THANK YOU.

LARRY HARTSELL: (laughs) THANK YOU.



Larry's original folder and membership card for Bruce Lee's LA Chinatown School.

Training schedule

1. Stomach and waist — (everyday)

- | | | |
|----------------|----------------|--------------------------|
| a). sit-up. | d). flag. | g). back bend |
| b). side bend | e). twist | |
| c). leg raises | f). back bend. | |

2. Flexibility (every day)

- | | | |
|--------------------|---------------------------------------|----------------------------------|
| a). front stretch | d). sit stretch | g). ^{side} pull stretch |
| b). side stretch | e). sliding stretch | |
| c). hurdle stretch | f). ^{front} pull stretch — A | |

3. Weight Training (Tues. THURS. SAT.)

- | | |
|-----------------------------------|--------------------------------|
| a). clean and press — 2 sets of 8 | d). bench press — 2 sets of 6 |
| b). squat — 2 sets of 12 | e). good morning — 2 sets of 8 |
| c). pull over. — 2 sets of 8 | f). curl. — 2 sets of 8 |
-
- | | |
|--------------------------------|-----------------------|
| 1) Clean & Press — 4 sets of 6 | 5) Curl — 4 sets of 6 |
| 2) Squat — 4 sets of 6 | |
| 3) Good morning — 4 sets of 6 | |
| 4) Bench Press — " " 5 | |

SECRET

Original supplementary training program written by Bruce Lee for his personal students.

Original conditioning routine prescribed by Bruce Lee for student Larry Hartsell in 1968.

1). ROADWORK: -

JOG - SPRINT - WALK IN AS MANY SETS AS YOU
[1 MIN] [KEEP IT UP] [1 MIN] CAN

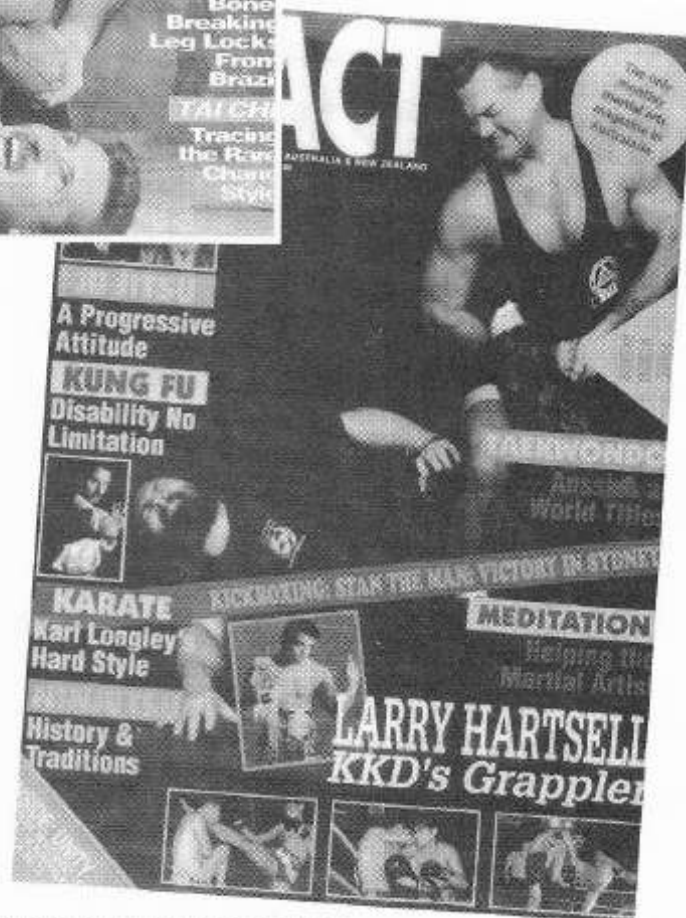
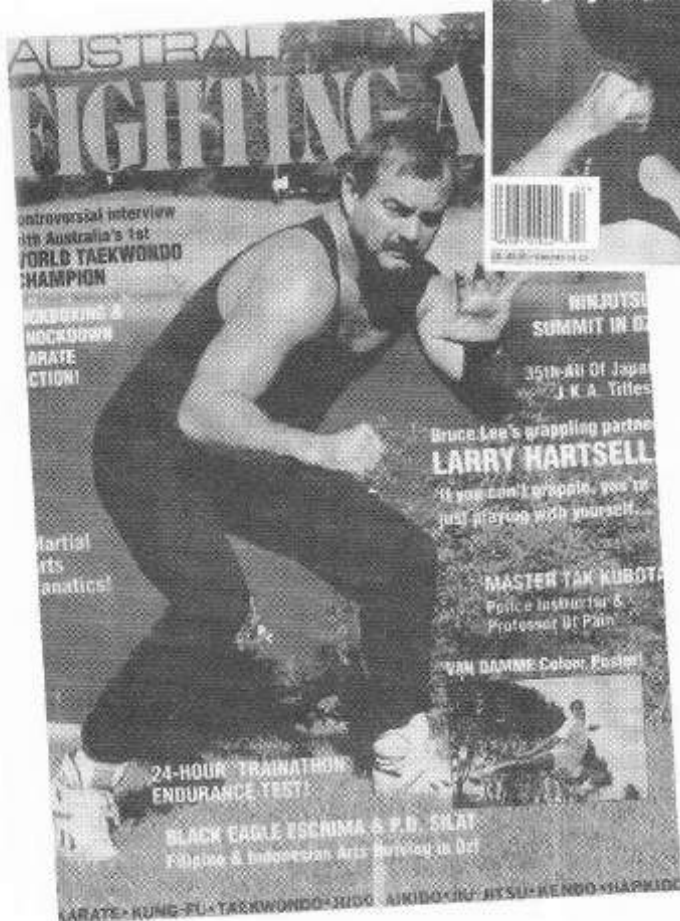
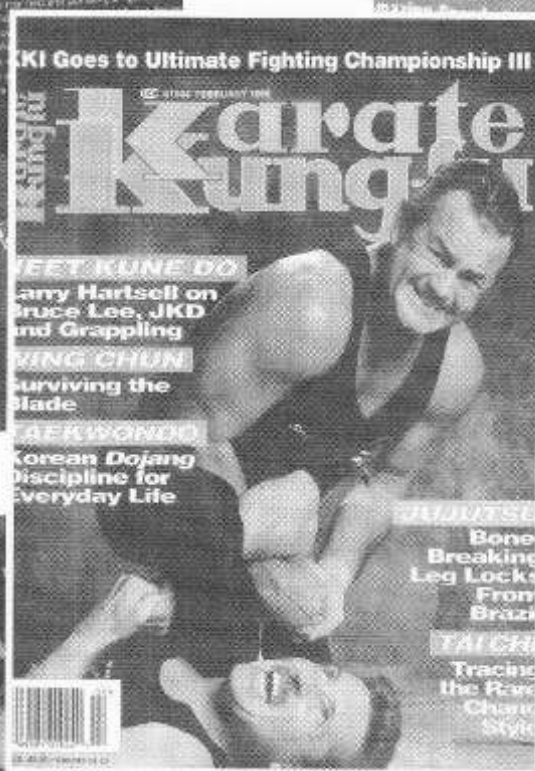
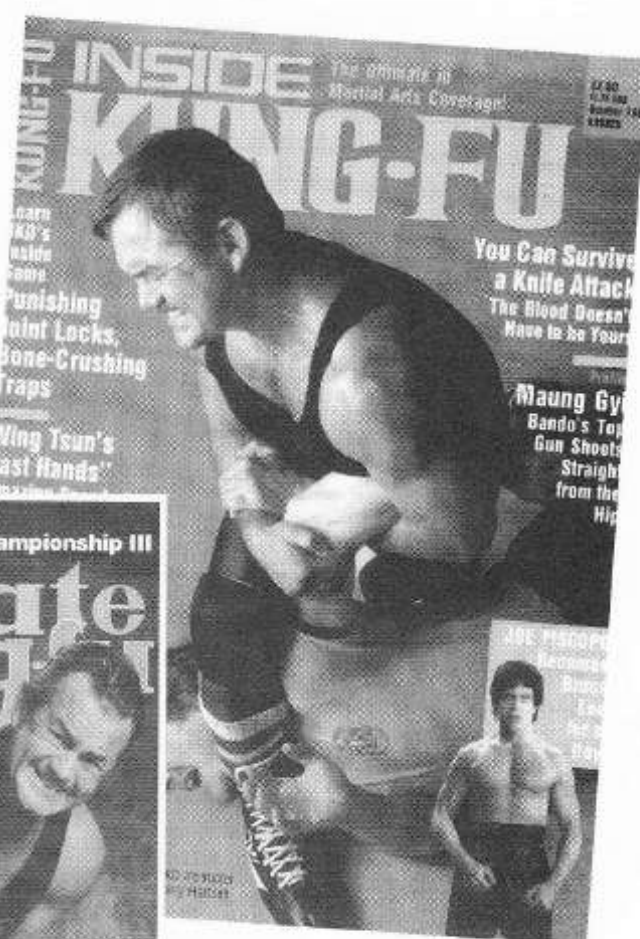
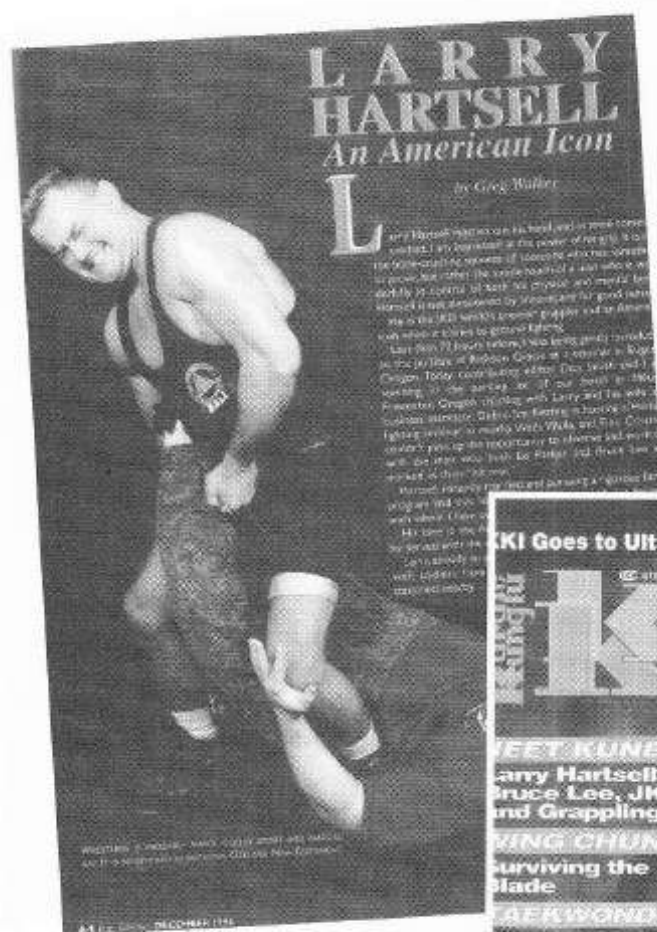
2). SKILL CONDITIONING: -

- a) shadow kick-boxing ---- 3 min. (1 min REST
(LOOSEN UP IN GOOD ECONOMICAL FORM))
- b) shadow kick-boxing ---- 3 min. (1 min REST
(WORK HARD: - PUSH YOURSELF - SPEED/POWER))
- c) skip rope ----- 5 min. (1 1/2 min. REST)
(try all footwork)
- d) Heavy bag ----- 3 min. - (1 min. REST)
(individual punches plus combinations)
- e) Heavy bag ----- 3 min. - ("")
(individual kicks plus combinations)
- f) light bag ----- 3 min.
(individual punches plus conditioning)
- g) shadow kick-boxing - 2 min.
(loosen up)

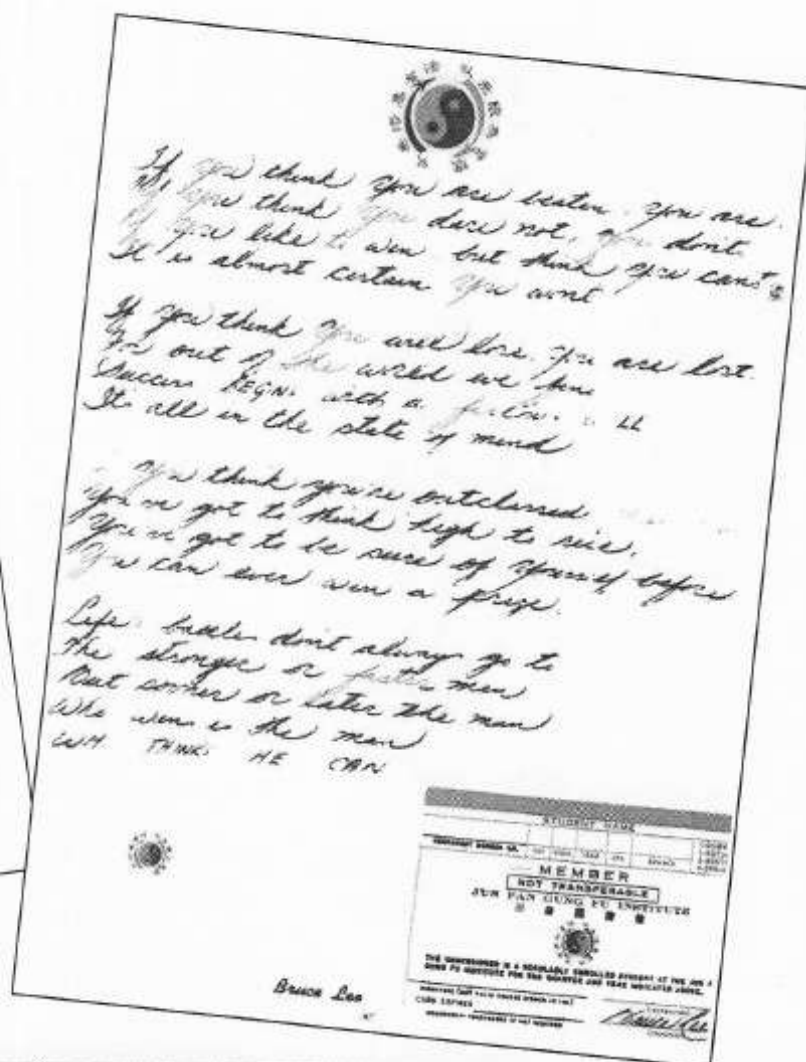
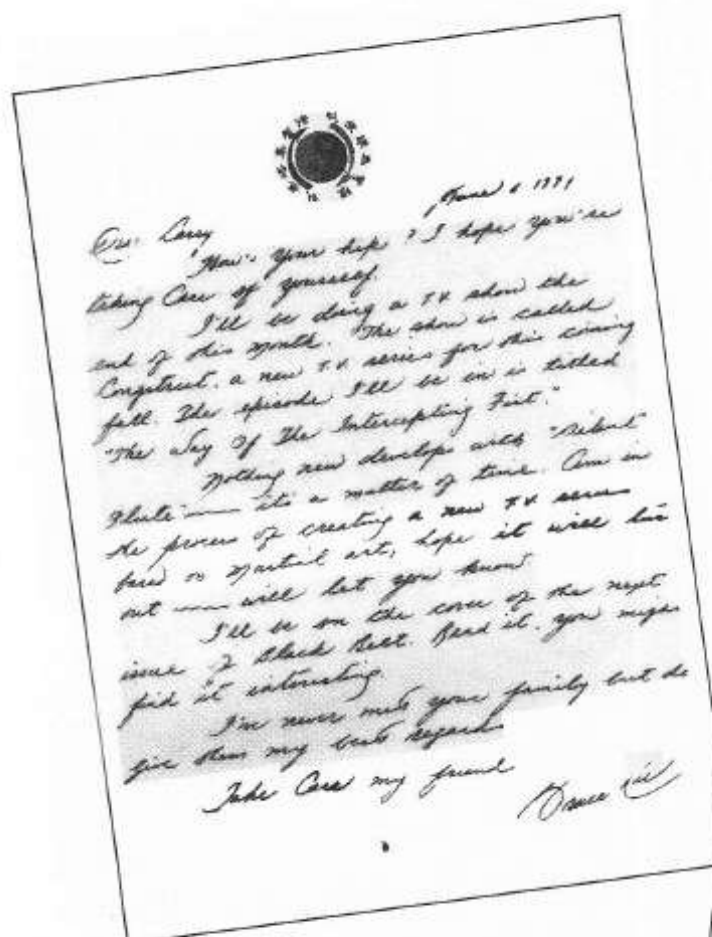
1. Roadwork - Jog (for 1 minute); sprint (keep it up); walk (as many sets as you can).

2. Skill Conditioning

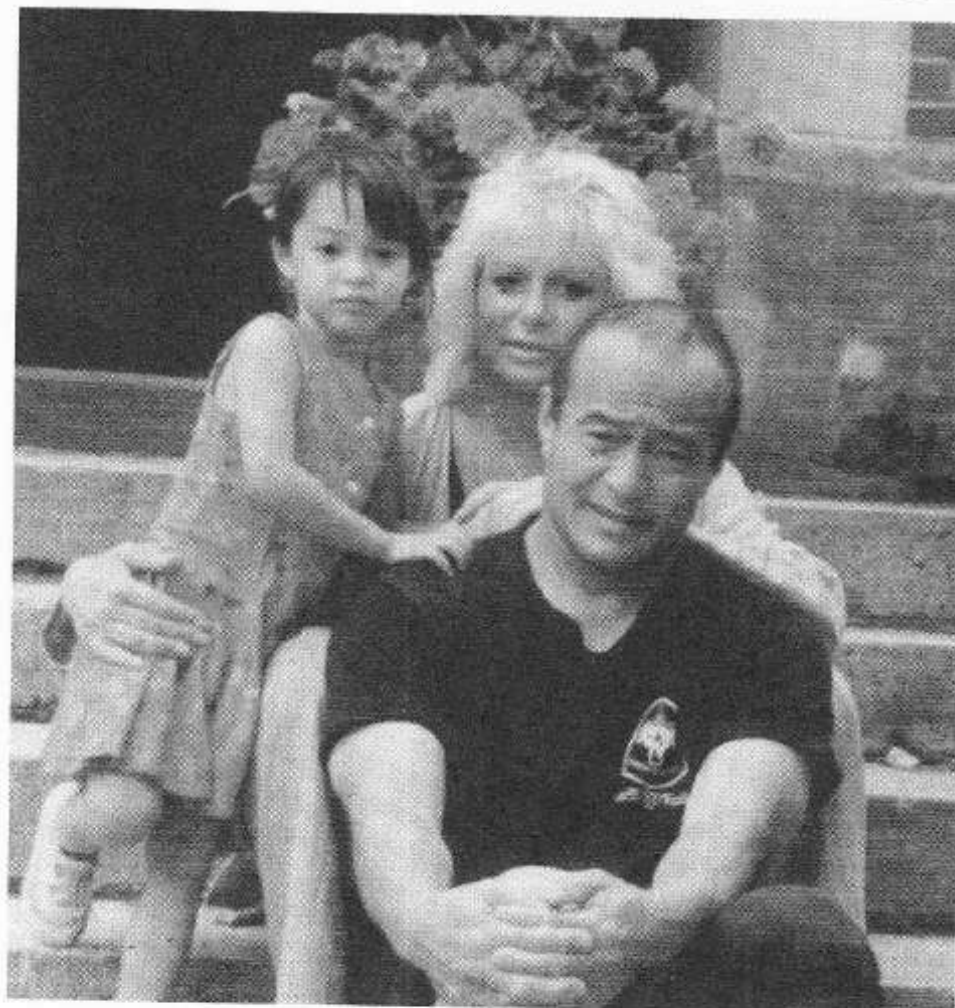
- a. Shadow kick-boxing - 3 minutes (1 minute rest); loosen up in good economical form.
- b. Shadow kick-boxing - 3 minutes (1 minute rest); work hard: push yourself - speed/power.
- c. Skip rope - 5 minutes (1 1/2 minutes rest); try all footwork.
- d. Heavy bag - 3 minutes (1 minute rest); individual punches, plus combinations.
- e. Heavy bag - 3 minutes (1 minute rest); individual kicks, plus combinations.
- f. Light bag - 3 minutes (no rest indicated); individual punches, plus conditioning.
- g. Shadow kick-boxing - 2 minutes; loosen up.



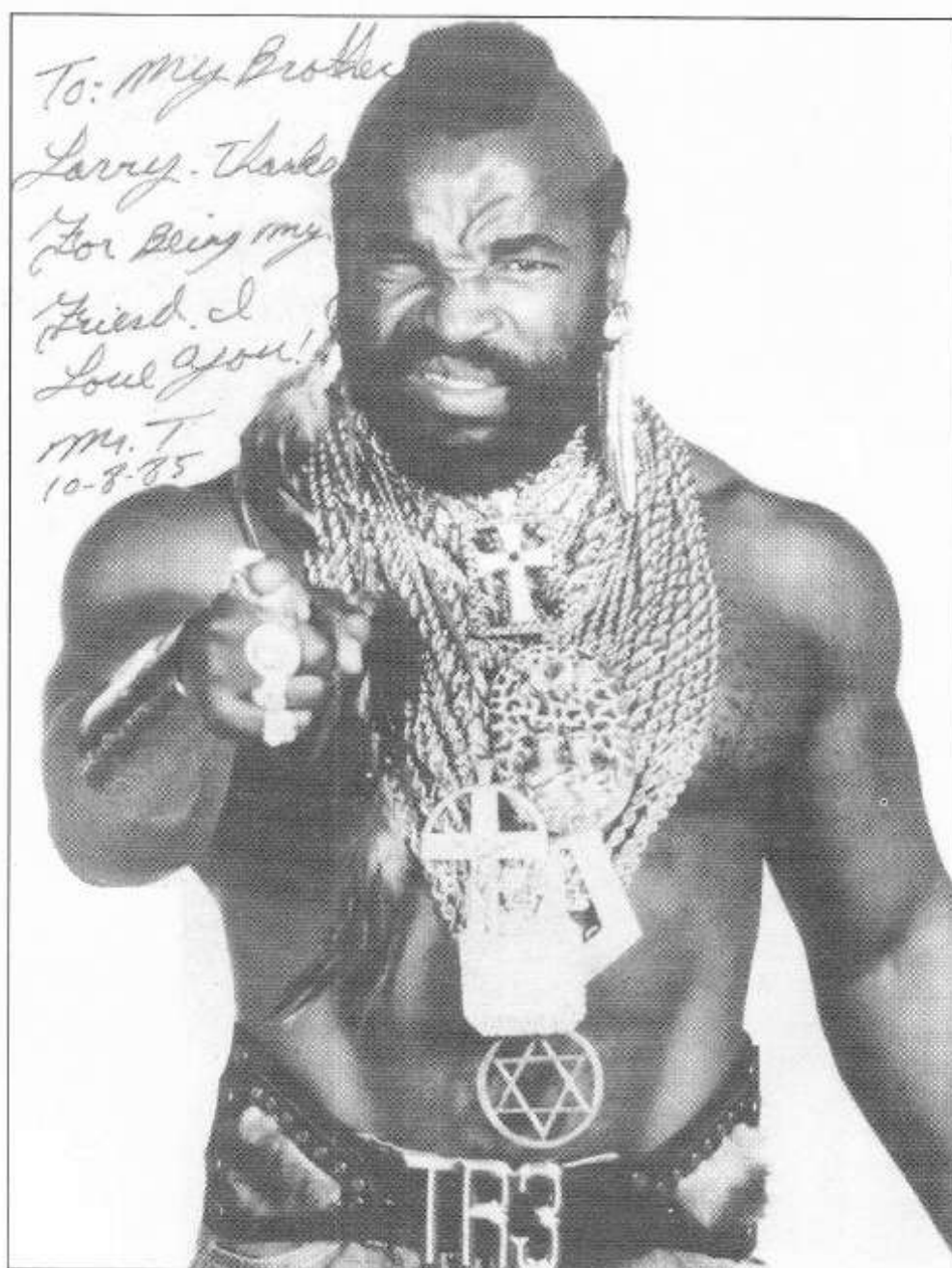
The author on covers of various international magazines.



Above: Bruce's letters to Larry.



Below: Dan, Paula and Daniel Inosanto.



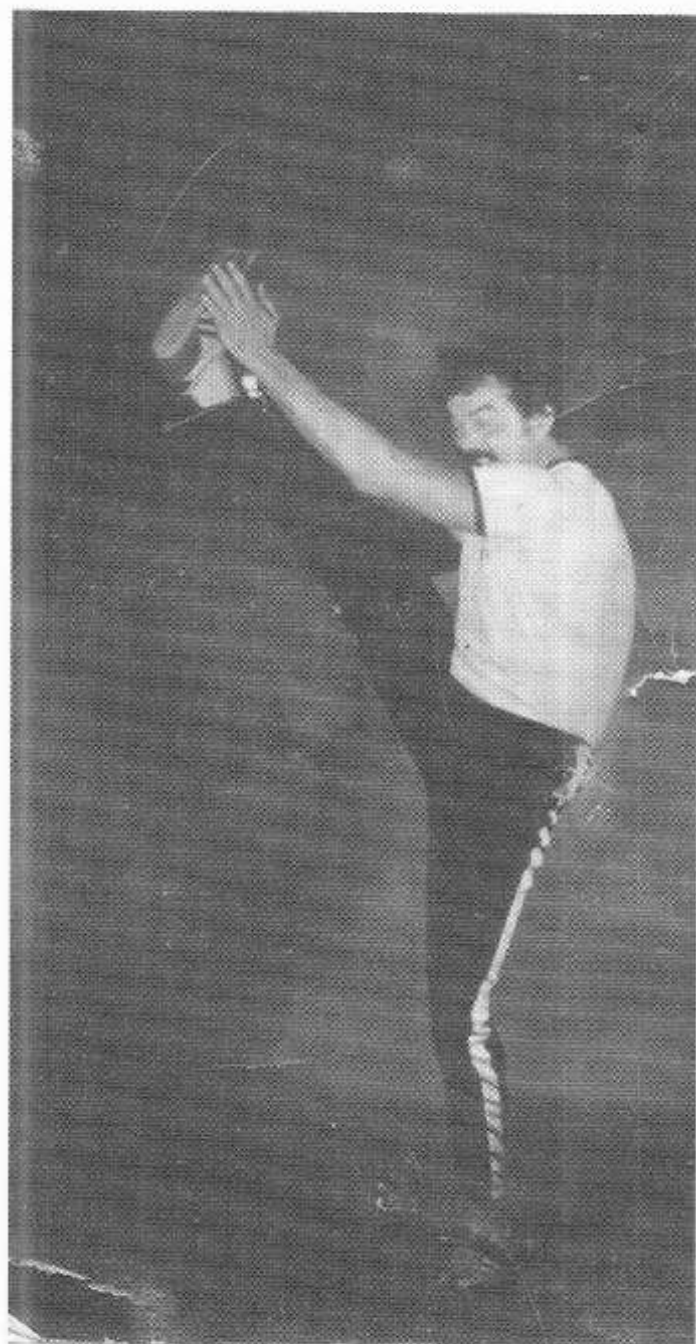
Autographed photograph from Mr T for whom Larry worked as a personal bodyguard.



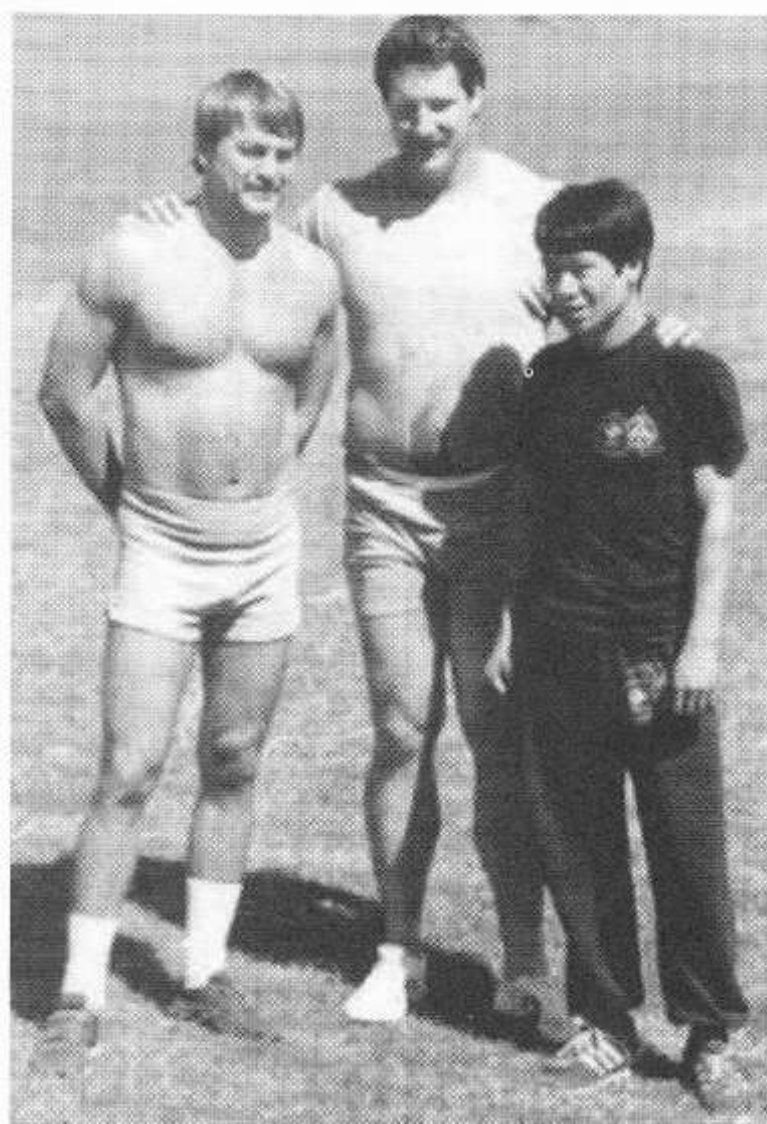
Larry with Mr T and friends.



Dr Gyi, Larry and Dan at the Inosanto Academy, Los Angeles.



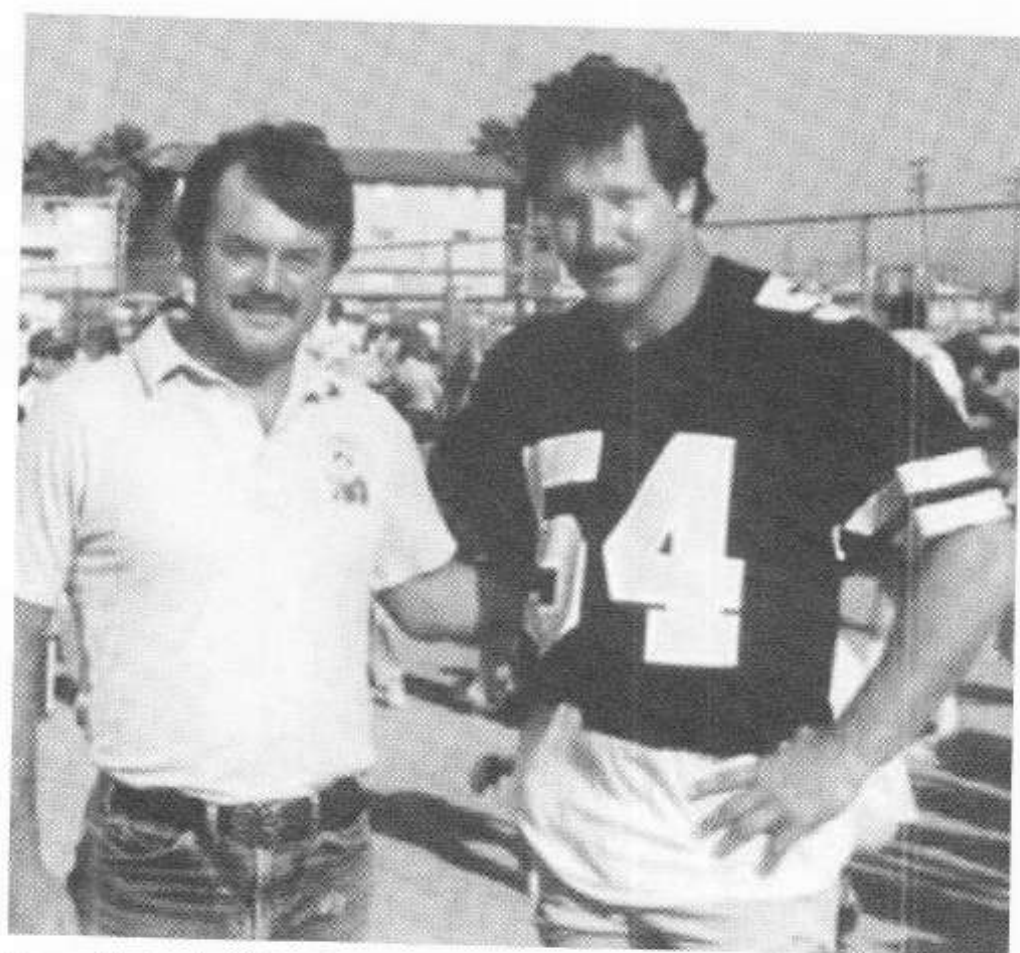
Larry high kicking.



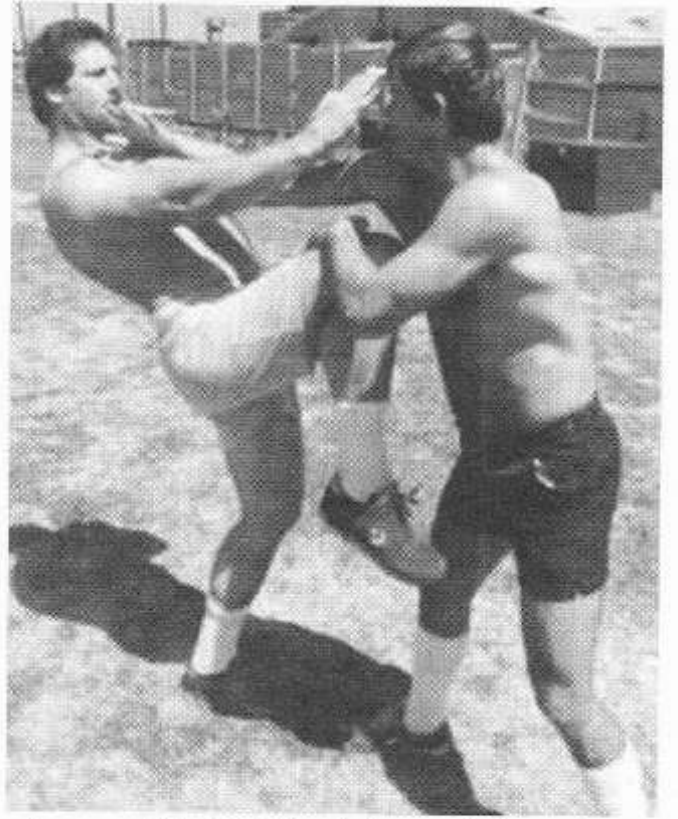
Larry, Master Chi and a member of the Dallas Cowboys Football Team.



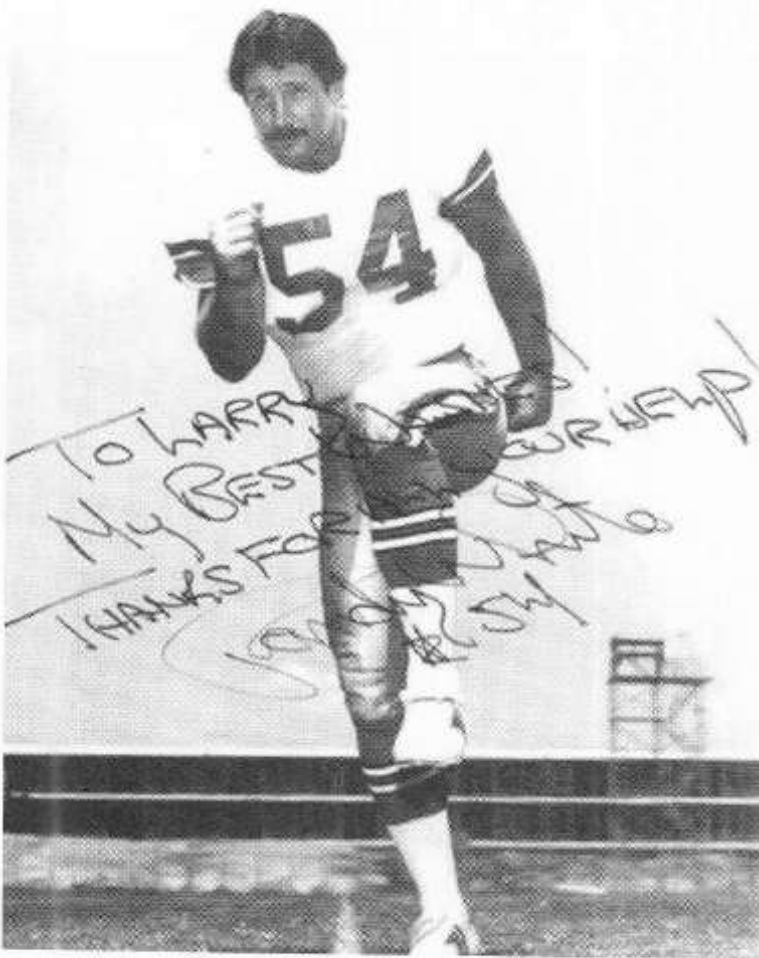
Larry, Dan Inosanto and Master Chai with the Dallas Cowboys in the eighties.



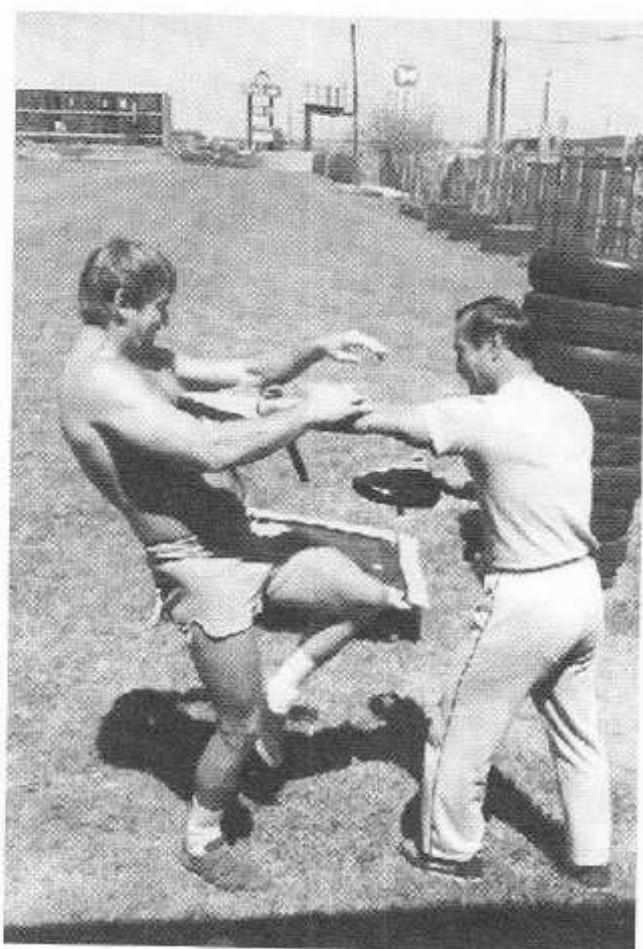
Larry with Randy White of the Dallas Cowboys.



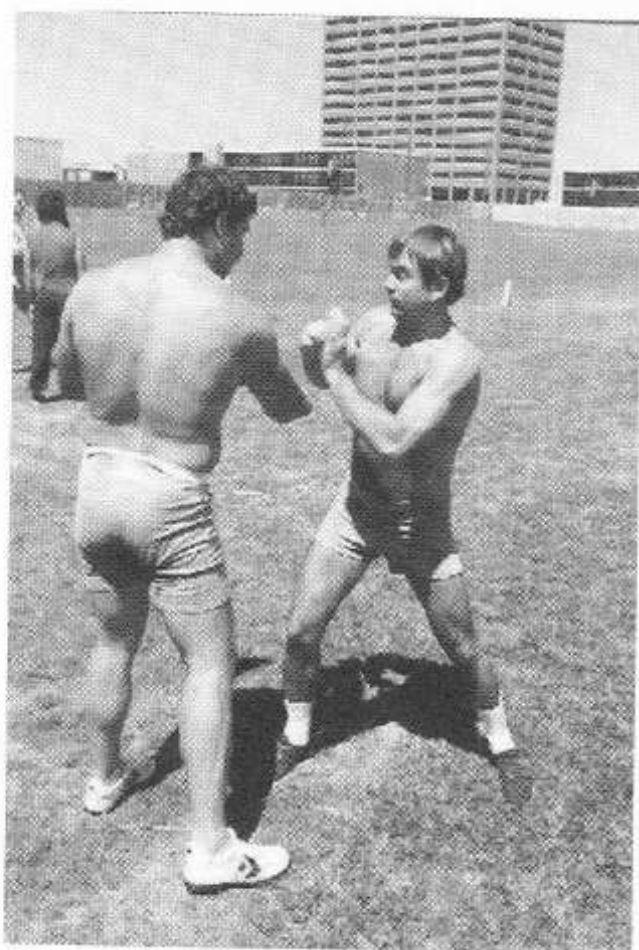
Larry and Randy White during a training session.



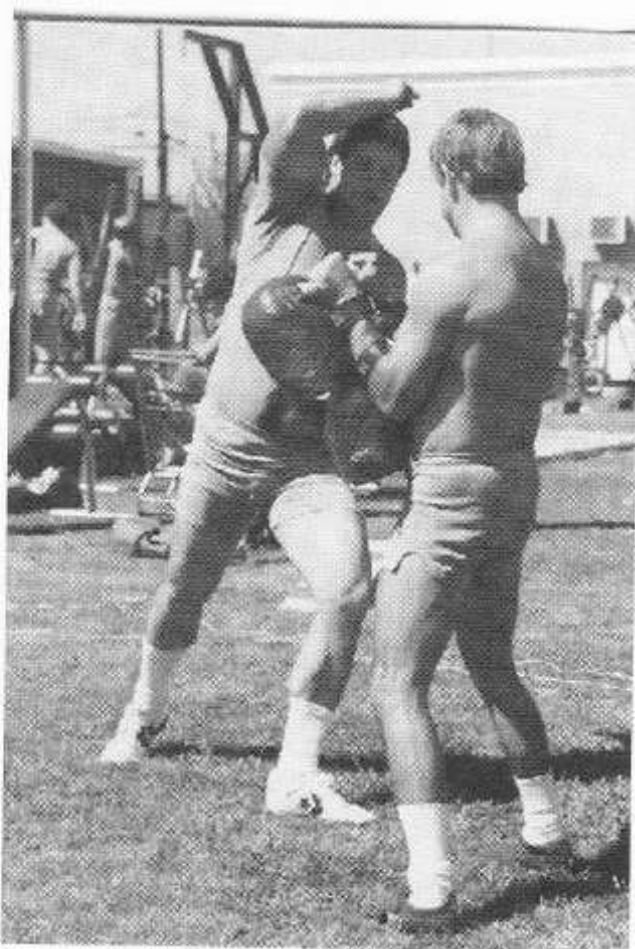
Personally autographed photo of Randy White.



Dan and Larry at Dallas Cowboys training and conditioning session



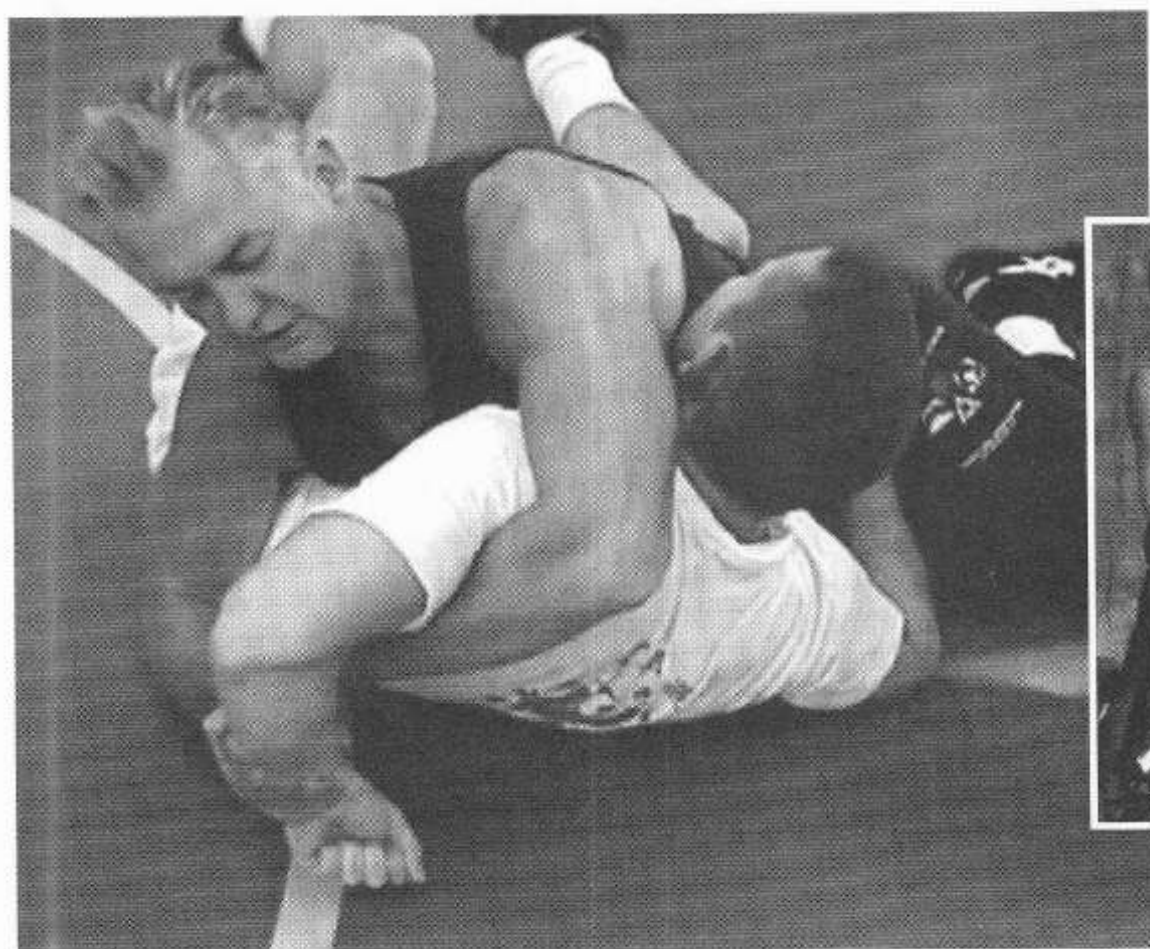
Larry coaching Randy White of the Dallas Cowboys.



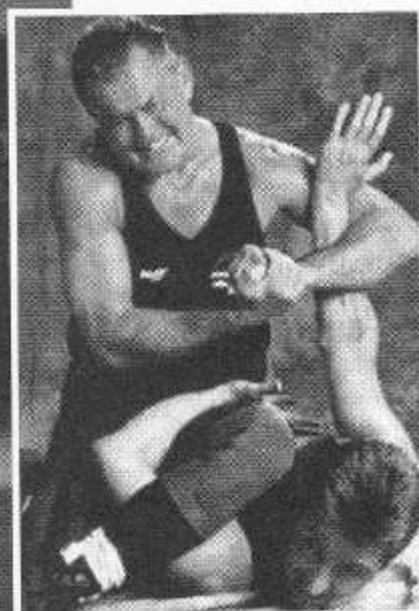
Larry and Randy working out using Thai pads for conditioning.



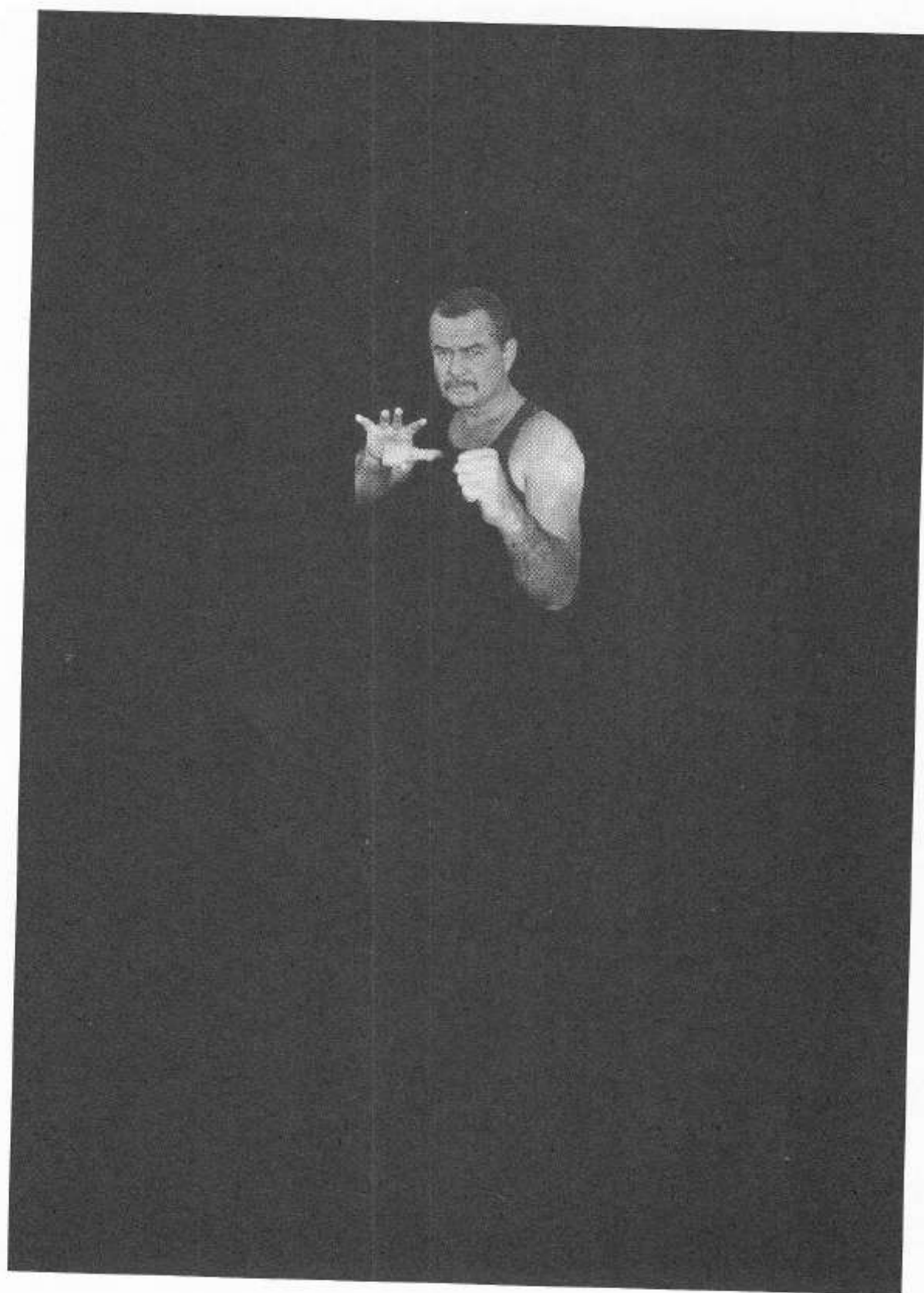
Erik Paulson, Larry and Gene Lebell at the Inosanto Academy in Los Angeles.



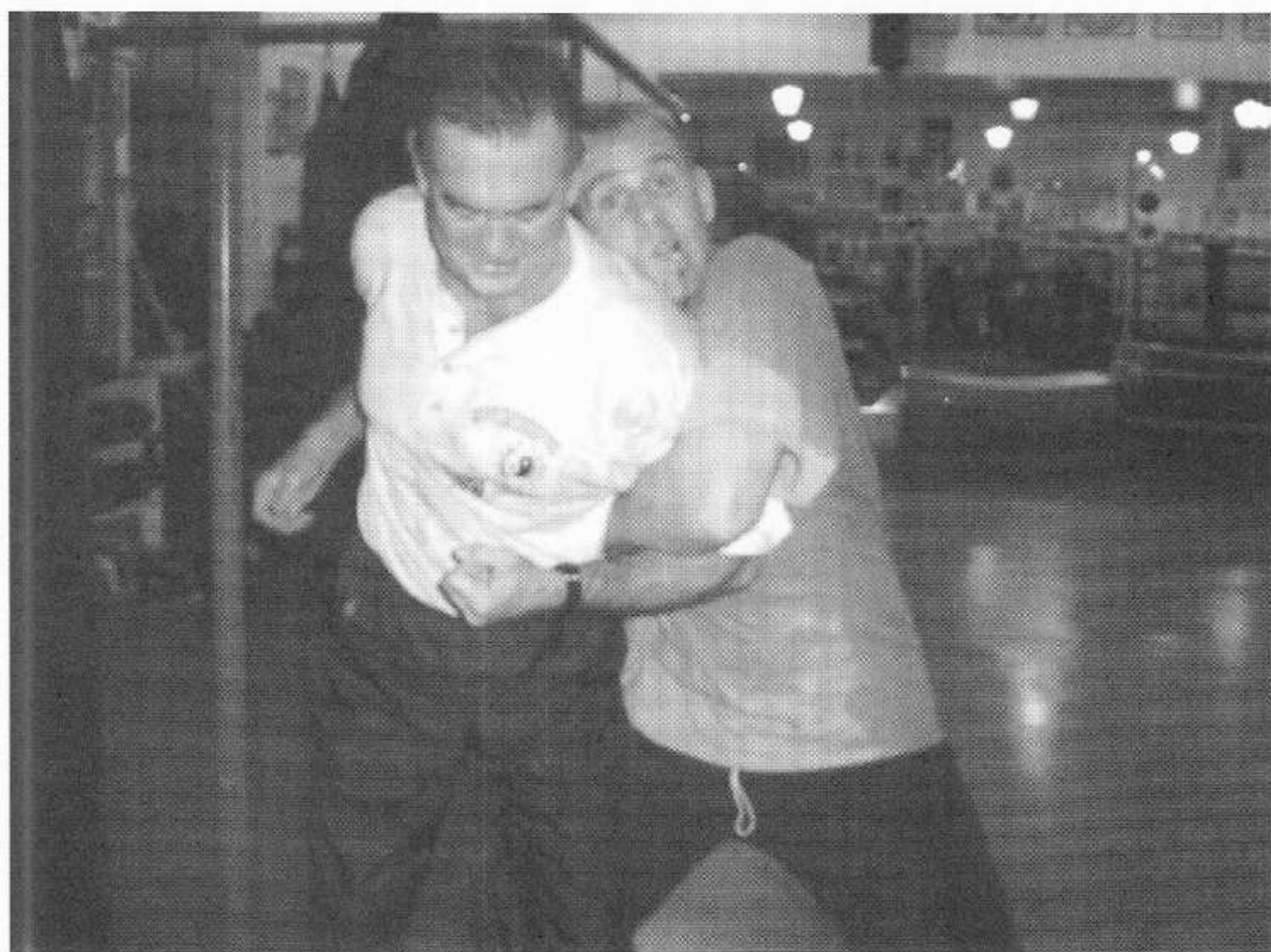
Larry teaching groundwork.



Larry and one of his trademark holds.



Larry the Premier JKD Streetfighter.



Larry and Erik Paulson grappling.



*Debra Hartsell
knife fighting
under the
watchful eye of
Larry.*

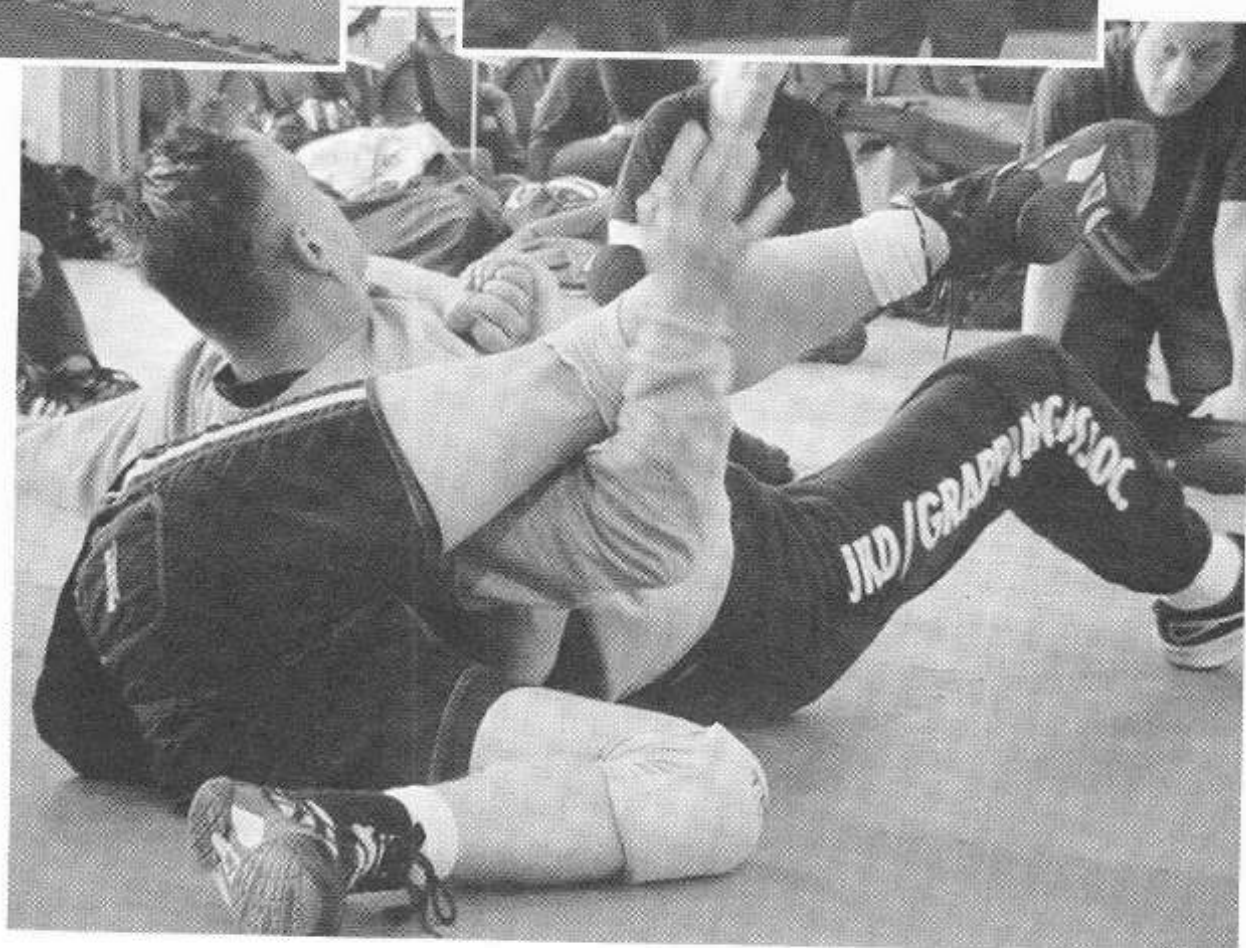


Larry teaching a seminar at Wetoskey.

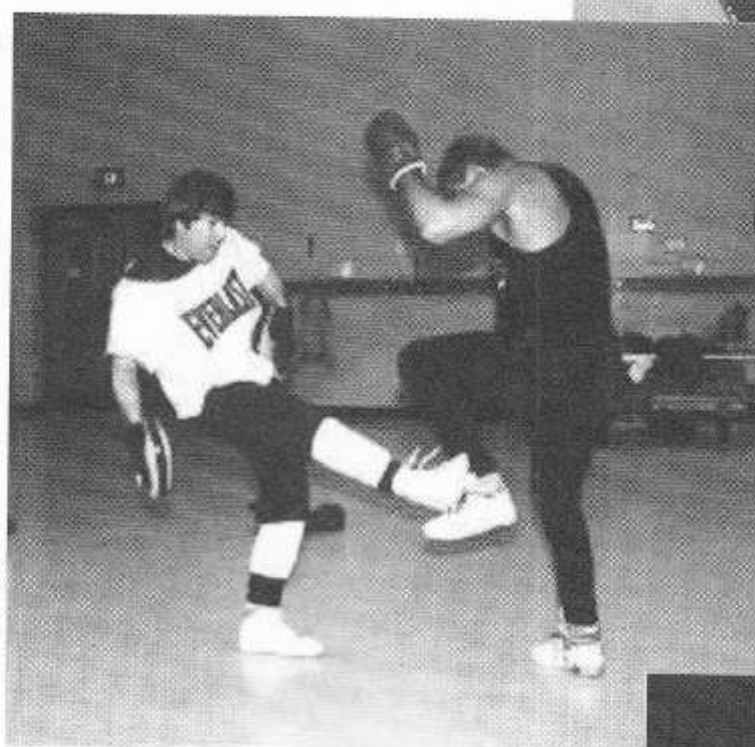
Larry coaching at a Vegas seminar



*Above and right:
Larry teaching
grappling at a
Toronto seminar.*



*Right: The Hartsells on tour
and (below) Larry training
with Keith.*



*Larry and Debra relaxing and
having a good time*





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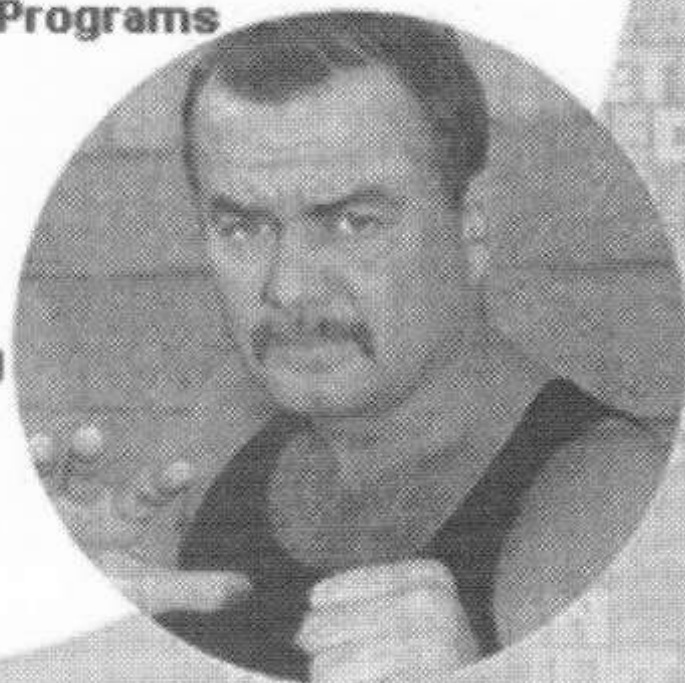
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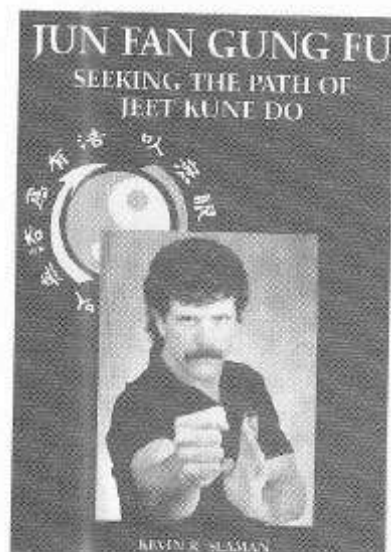
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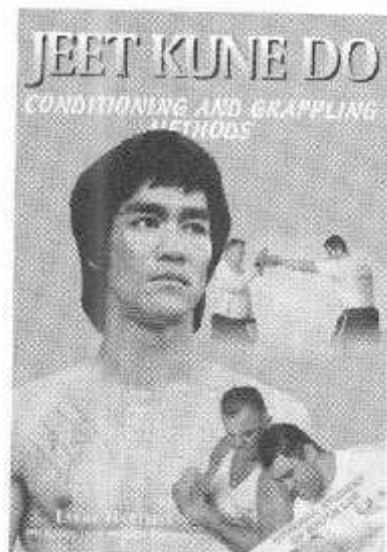
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Just recently I shot a videotape with Larry Hartsell on Clinching and Hitting and we've combined variables from Boxing, Muay Thai, Filipino Kali, Greco-Roman and Filipino Dumong Grappling. You cannot just work the Muay Thai plumb position without adding all these other elements. And mainly the biggest one would be pressure. Without the pressure you're not adding the element of reality fighting because of the danger of being taken down. – Drill Bits Videotape Review by Erik Paulson:

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BY LAMAR M DAVIS II

Jeet Kune Do the art of scientific streetfighting developed by the late Bruce Lee is based on realistic streetfighting combat. Essential areas pertaining to Bruce Lee's streetfighting art covered – centreline theory – powerside forward, Economy of Movement, Longest weapon to nearest target, Visual focus principles and target selection and countless streetfighting applications and more. There is much to digest across almost 200 pages, an effective, practical manual and an interesting read and thought provoking book. 192 pages over 430 photos.

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"Too many other authors get caught up wanting to look good and end up looking fancy. Lamar looks good doing things the right way. I recommend this book to anyone looking for instruction and examples on JKD for the street."

Steve Golden.

Original Bruce Lee student.

Co-founder/member Jun Fan Jeet Kune Do Nucleus.



JEET KUNE DO – The Principles of a Complete Fighter
BY RON BALICKI

Jeet Kune do is the most complete martial art concept. In this bestselling book, Balicki – a former manager and instructor of the world famous Inosanto Academy and also appeared in such movies as "The Rock" with Sean Connery, "Barbwire" with Pamela Anderson, "Escape from LA" and TV series – takes elements from Jun Fan – Kali – Muay Thai and shootwrestling to develop the complete martial artist/fighter who can fight in all ranges of combat. Sections on Focus Mitt Equipment Training, Weapons (knife and stick) options, Multiple Attackers, Trapping on Focus Mitts, Grappling/groundfighting and many more. Here is a feast for both the intellect and the body. Truly a thought provoking book which belongs on the

bookshelf of every serious martial artist.

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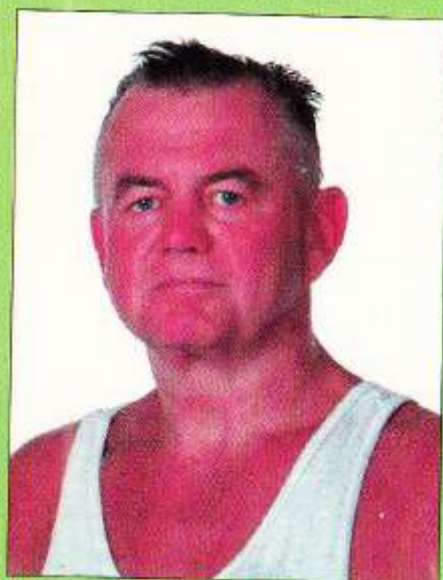
"This book should lend more insight into the principles of Bruce Lee's Jeet Kune Do. Ron Balicki has been a student of mine since the early eighties. He has instructor status under me in three separate martial arts and is one of the few people in the United States that have attained that status."

Dan Inosanto.

"This book is a must for all JKD players, but it also contains enormously useful material for anyone studying martial arts who has a desire for a solid and firm foundation on the JKD approach"

Inside Kung Fu Magazine, March 2002

AVAILABLE FROM ALL GOOD BOOKSTORES EVERYWHERE.



ABOUT THE AUTHOR

Larry Hartsell is one of the world's leading authorities on Bruce Lee's Jeet Kune Do and was one of a few select, original students that trained privately with Bruce Lee. Hartsell, considered by many as the premier JKD fighter has over 40 years of martial arts experience and was a former doorman, professional bodyguard to Hollywood celebrities including "Mr T" as well as conditioning coach to pro football teams Dallas Cowboys and 49ers.

He has appeared on magazine covers worldwide and is the president of the Jun Fan Jeet Kune Do Grappling Association.

"I am proud and honored to write the foreword for my close friend Larry Hartsell's new book. Larry is one of the few Martial Artists who has always been open minded and known the benefits of cross training. Knowing the important role conditioning and physical fitness play in the complex game of survival and the martial arts, Larry has taken his art to a new dimension with proven methods of the past alongside the cutting edge techniques of the future."

- Dan Inosanto
Los Angeles, CA

In this highly acclaimed book by critics and peers alike, Hartsell, one of the world's premier grapplers and renowned Jeet Kune Do instructors draws upon his 40 years of experience gleaned from study, teaching and practical application to unveil JKD conditioning training methods - which Bruce Lee considered an integral component of his personal art - and cutting edge vogue grappling methods.

Within the pages of this extensively illustrated practical manual you will discover: calisthenics, neck conditioning, leg conditioning using bag, focus glove training methods, medicine ball drills and pertinently practical grappling concepts to place you a cut above the rest.

Includes an interview with author and exclusive photographs from Larry's personal archives. This book belongs on the bookshelves of every serious martial artist in pursuit of achieving excellence.

208 pages with almost 600 photographs



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